



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

REHA am Kreuz Erfurt

Total time: 15:32:19

Number: 77

Speed: 11.00 km/h

Running performance: 5:26 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 163 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 39(of 66)

Mixstaffel

Best time in the category: 11:43:48

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Grumbach	17.20	1:16:32	4:26	12	9:00	50	15:07	17.20	1:16:32	4:26	13		218	14:45
Schildwiese	20.10	2:09:36	6:26	65	56:29	215	1:05:21	37.30	3:26:08	5:31	13	40:17	218	1:16:52
Neuhaus/ Gewerl	15.50	1:35:10	6:08	43	30:29	167	34:47	52.80	5:01:18	5:42	13	39:15	218	1:50:29
Triniusstein	21.60	2:14:16	6:12	61	55:39	206	1:00:12	74.40	7:15:34	5:51	13	45:57	218	2:48:57
Allzunah	15.00	1:11:44	4:46	18	13:18	92	23:26	89.40	8:27:18	5:40	13	31:40	218	3:12:23
Grenzadler	19.80	1:32:06	4:39	18	18:03	51	22:51	109.20	9:59:24	5:29	13	0:25	218	3:29:54
Nesselberg	13.80	1:31:33	6:38	61	31:25	209	42:55	123.00	11:30:57	5:37	13	16:04	218	4:12:29
Kleiner Inselsber	13.90	1:19:07	5:41	34	23:16	147	27:55	136.90	12:50:04	5:37	13	14:03	218	4:40:24
Hohe Sonne	19.70	1:28:24	4:29	15	15:47	50	22:40	156.60	14:18:28	5:28	13	7:14	218	5:00:24
Hörschel	14.70	1:13:51	5:01	12	10:57	74	24:23	171.30	15:32:19	5:26	39	3:48:31	163	5:24:47