



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

LAUF MIT-BLEIB FIT Team1

Total time: 14:33:23

Number: 165

Speed: 11.75 km/h

Running performance: 5:06 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 110 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 85(of 139)

Männerstaffel

Best time in the category: 10:07:32

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	1:22:33	4:47	79	21:08	107	21:08	17.20	1:22:33	4:47	85	20:46	129	20:46
Schildwiese	20.10	1:40:55	5:01	99	36:40	145	36:40	37.30	3:03:28	4:55	85	54:12	129	54:12
Neuhaus/ Gewerl	15.50	1:25:55	5:32	80	25:32	103	25:32	52.80	4:29:23	5:06	85	1:18:34	129	1:18:34
Triniusstein	21.60	1:49:41	5:04	93	35:37	127	35:37	74.40	6:19:04	5:05	85	1:52:27	129	1:52:27
Allzunah	15.00	1:17:23	5:09	116	29:05	153	29:05	89.40	7:36:27	5:06	85	2:21:32	129	2:21:32
Grenzadler	19.80	1:42:10	5:09	93	32:55	137	32:55	109.20	9:18:37	5:06	85	2:49:07	129	2:49:07
Nesselberg	13.80	1:12:52	5:16	91	24:14	114	24:14	123.00	10:31:29	5:08	85	3:13:01	129	3:13:01
Kleiner Inselsber	13.90	1:16:38	5:30	98	25:26	131	25:26	136.90	11:48:07	5:10	85	3:38:27	129	3:38:27
Hohe Sonne	19.70	1:25:07	4:19	22	19:23	32	19:23	156.60	13:13:14	5:03	85	3:55:10	129	3:55:10
Hörschel	14.70	1:20:09	5:27	96	30:41	119	30:41	171.30	14:33:23	5:05	85	4:25:51	110	4:25:51