



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

Flessabank-Laufgruppe

Total time: 14:35:24

Number: 162

Speed: 11.72 km/h

Running performance: 5:07 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 114 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 89(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    | 1:33:54    | 5:27         | 126         | 32:29       | 182       | 32:29        | 17.20         | 1:33:54    | 5:27         | 89       | 32:07       | 133       | 32:07        |
| Schildwiese        | 20.10    | 1:33:10    | 4:38         | 70          | 28:55       | 99        | 28:55        | 37.30         | 3:07:04    | 5:00         | 89       | 57:48       | 133       | 57:48        |
| Neuhaus/ Gewerl    | 15.50    | 1:32:16    | 5:57         | 107         | 31:53       | 149       | 31:53        | 52.80         | 4:39:20    | 5:17         | 89       | 1:28:31     | 133       | 1:28:31      |
| Triniusstein       | 21.60    | 1:34:03    | 4:21         | 25          | 19:59       | 36        | 19:59        | 74.40         | 6:13:23    | 5:01         | 89       | 1:46:46     | 133       | 1:46:46      |
| Allzunah           | 15.00    | 1:14:08    | 4:56         | 91          | 25:50       | 121       | 25:50        | 89.40         | 7:27:31    | 5:00         | 89       | 2:12:36     | 133       | 2:12:36      |
| Grenzadler         | 19.80    | 1:39:02    | 5:00         | 76          | 29:47       | 110       | 29:47        | 109.20        | 9:06:33    | 5:00         | 89       | 2:37:03     | 133       | 2:37:03      |
| Nesselberg         | 13.80    | 1:13:09    | 5:18         | 96          | 24:31       | 119       | 24:31        | 123.00        | 10:19:42   | 5:02         | 89       | 3:01:14     | 133       | 3:01:14      |
| Kleiner Inselsber  | 13.90    | 1:15:48    | 5:27         | 93          | 24:36       | 122       | 24:36        | 136.90        | 11:35:30   | 5:04         | 89       | 3:25:50     | 133       | 3:25:50      |
| Hohe Sonne         | 19.70    | 1:32:37    | 4:42         | 59          | 26:53       | 79        | 26:53        | 156.60        | 13:08:07   | 5:01         | 89       | 3:50:03     | 133       | 3:50:03      |
| Hörschel           | 14.70    | 1:27:17    | 5:56         | 117         | 37:49       | 165       | 37:49        | 171.30        | 14:35:24   | 5:06         | 89       | 4:27:52     | 114       | 4:27:52      |