



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