



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

fit&run Irrläufer

Number: 19

Course: 171.30 km  
Blankenstein-Hörschel

Category:  
Mixstaffel

Total time: 13:09:56

Speed: 12.99 km/h

Running performance: 4:37 min/km

Rank in course: 33 (of 217)

Best time in course: 10:07:32

Rank in category: 5(of 66)

Best time in the category: 11:43:48

Control	Intermediate times						Stage score				Total ranking			
	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	1:23:40	4:51	31	16:08	118	22:15	17.20	1:23:40	4:51	47		218	21:53
Schildwiese	20.10	1:31:42	4:33	24	18:35	86	27:27	37.30	2:55:22	4:42	47	9:31	218	46:06
Neuhaus/ Gewerl	15.50	1:14:10	4:47	4	9:29	36	13:47	52.80	4:09:32	4:43	47		218	58:43
Triniusstein	21.60	1:43:05	4:46	23	24:28	85	29:01	74.40	5:52:37	4:44	47		218	1:26:00
Allzunah	15.00	1:05:50	4:23	6	7:24	44	17:32	89.40	6:58:27	4:40	47		218	1:43:32
Grenzadler	19.80	1:32:19	4:39	19	18:16	55	23:04	109.20	8:30:46	4:40	47		218	2:01:16
Nesselberg	13.80	1:09:36	5:02	8	9:28	80	20:58	123.00	9:40:22	4:43	47		218	2:21:54
Kleiner Inselsber	13.90	55:51	4:01	1	-	9	4:39	136.90	10:36:13	4:38	47		218	2:26:33
Hohe Sonne	19.70	1:23:53	4:15	9	11:16	27	18:09	156.60	12:00:06	4:35	47		218	2:42:02
Hörschel	14.70	1:09:50	4:45	8	6:56	47	20:22	171.30	13:09:56	4:36	5	1:26:08	33	3:02:24