



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

SEA Runners

Total time: 14:43:28

Number: 172

Speed: 11.61 km/h

Running performance: 5:10 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 119 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 93(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 | 1:27:41 | 5:05 | 107 | 26:16 | 150 | 26:16 | 17.20 | 1:27:41 | 5:05 | 93 | 25:54 | 140 | 25:54 |
| Schildwiese | 20.10 | 1:42:21 | 5:05 | 107 | 38:06 | 156 | 38:06 | 37.30 | 3:10:02 | 5:05 | 93 | 1:00:46 | 140 | 1:00:46 |
| Neuhaus/ Gewerl | 15.50 | 1:28:46 | 5:43 | 95 | 28:23 | 128 | 28:23 | 52.80 | 4:38:48 | 5:16 | 93 | 1:27:59 | 140 | 1:27:59 |
| Triniusstein | 21.60 | 1:50:55 | 5:08 | 97 | 36:51 | 132 | 36:51 | 74.40 | 6:29:43 | 5:14 | 93 | 2:03:06 | 140 | 2:03:06 |
| Allzunah | 15.00 | 1:11:57 | 4:47 | 74 | 23:39 | 95 | 23:39 | 89.40 | 7:41:40 | 5:09 | 93 | 2:26:45 | 140 | 2:26:45 |
| Grenzadler | 19.80 | 1:40:58 | 5:05 | 86 | 31:43 | 126 | 31:43 | 109.20 | 9:22:38 | 5:09 | 93 | 2:53:08 | 140 | 2:53:08 |
| Nesselberg | 13.80 | 1:13:00 | 5:17 | 93 | 24:22 | 116 | 24:22 | 123.00 | 10:35:38 | 5:10 | 93 | 3:17:10 | 140 | 3:17:10 |
| Kleiner Inselsber | 13.90 | 1:21:41 | 5:52 | 121 | 30:29 | 171 | 30:29 | 136.90 | 11:57:19 | 5:14 | 93 | 3:47:39 | 140 | 3:47:39 |
| Hohe Sonne | 19.70 | 1:34:10 | 4:46 | 70 | 28:26 | 93 | 28:26 | 156.60 | 13:31:29 | 5:10 | 93 | 4:13:25 | 140 | 4:13:25 |
| Hörschel | 14.70 | 1:11:59 | 4:53 | 51 | 22:31 | 63 | 22:31 | 171.30 | 14:43:28 | 5:09 | 93 | 4:35:56 | 119 | 4:35:56 |