



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

Filzer-Flitzer

Total time: 14:45:15

Number: 156

Speed: 11.59 km/h

Running performance: 5:10 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 121 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 95(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	1:24:06	4:53	88	22:41	123	22:41	17.20	1:24:06	4:53	95	22:19	142	22:19
Schildwiese	20.10	1:31:13	4:32	58	26:58	83	26:58	37.30	2:55:19	4:42	95	46:03	142	46:03
Neuhaus/ Gewerl	15.50	1:32:26	5:57	109	32:03	151	32:03	52.80	4:27:45	5:04	95	1:16:56	142	1:16:56
Triniusstein	21.60	1:48:06	5:00	87	34:02	118	34:02	74.40	6:15:51	5:03	95	1:49:14	142	1:49:14
Allzunah	15.00	1:19:07	5:16	121	30:49	165	30:49	89.40	7:34:58	5:05	95	2:20:03	142	2:20:03
Grenzadler	19.80	1:29:43	4:31	25	20:28	40	20:28	109.20	9:04:41	4:59	95	2:35:11	142	2:35:11
Nesselberg	13.80	1:22:16	5:57	126	33:38	177	33:38	123.00	10:26:57	5:05	95	3:08:29	142	3:08:29
Kleiner Inselsber	13.90	1:13:36	5:17	82	22:24	101	22:24	136.90	11:40:33	5:07	95	3:30:53	142	3:30:53
Hohe Sonne	19.70	1:48:37	5:30	119	42:53	177	42:53	156.60	13:29:10	5:10	95	4:11:06	142	4:11:06
Hörschel	14.70	1:16:05	5:10	71	26:37	90	26:37	171.30	14:45:15	5:10	95	4:37:43	121	4:37:43