



# 12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

## Detailed evaluation

Loewe

Total time: 15:49:35

Number: 39

Speed: 10.82 km/h

Running performance: 5:32 min/km

Course: 171.30 km

Blankenstein-Hirschel

Rank in course: 173 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 44(of 66)

Mixstaffel

Best time in the category: 11:43:48

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	1:22:47	4:48	29	15:15	111	21:22	17.20	1:22:47	4:48	8		218	21:00
Schildwiese	20.10	1:37:18	4:50	40	24:11	131	33:03	37.30	3:00:05	4:49	8	14:14	218	50:49
Neuhaus/ Gewerl	15.50	1:47:23	6:55	60	42:42	202	47:00	52.80	4:47:28	5:26	8	25:25	218	1:36:39
Triniusstein	21.60	2:04:25	5:45	56	45:48	192	50:21	74.40	6:51:53	5:32	8	22:16	218	2:25:16
Allzunah	15.00	1:18:50	5:15	37	20:24	162	30:32	89.40	8:10:43	5:29	8	15:05	218	2:55:48
Grenzadler	19.80	1:40:10	5:03	35	26:07	120	30:55	109.20	9:50:53	5:24	8		218	3:21:23
Nesselberg	13.80	1:14:37	5:24	25	14:29	136	25:59	123.00	11:05:30	5:24	8		218	3:47:02
Kleiner Inselsber	13.90	1:23:26	6:00	48	27:35	181	32:14	136.90	12:28:56	5:28	8		218	4:19:16
Hohe Sonne	19.70	1:53:35	5:45	56	40:58	190	47:51	156.60	14:22:31	5:30	8	11:17	218	5:04:27
Hirschel	14.70	1:27:04	5:55	39	24:10	164	37:36	171.30	15:49:35	5:32	44	4:05:47	173	5:42:03