



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

AOL 06

Total time: 15:50:40

Number: 71

Speed: 10.81 km/h

Running performance: 5:33 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 175 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 45(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	1:21:16	4:43	23	13:44	88	19:51	17.20	1:21:16	4:43	7		218	19:29
Schildwiese	20.10	1:34:35	4:42	32	21:28	112	30:20	37.30	2:55:51	4:42	7	10:00	218	46:35
Neuhaus/ Gewerl	15.50	1:25:22	5:30	21	20:41	99	24:59	52.80	4:21:13	4:56	7		218	1:10:24
Triniusstein	21.60	2:12:48	6:08	60	54:11	205	58:44	74.40	6:34:01	5:17	7	4:24	218	2:07:24
Allzunah	15.00	1:23:29	5:33	48	25:03	182	35:11	89.40	7:57:30	5:20	7	1:52	218	2:42:35
Grenzadler	19.80	2:07:36	6:26	61	53:33	211	58:21	109.20	10:05:06	5:32	7	6:07	218	3:35:36
Nesselberg	13.80	1:21:38	5:54	44	21:30	175	33:00	123.00	11:26:44	5:34	7	11:51	218	4:08:16
Kleiner Inselsber	13.90	1:16:13	5:28	29	20:22	129	25:01	136.90	12:42:57	5:34	7	6:56	218	4:33:17
Hohe Sonne	19.70	1:59:18	6:03	59	46:41	203	53:34	156.60	14:42:15	5:38	7	31:01	218	5:24:11
Hörschel	14.70	1:08:25	4:39	5	5:31	36	18:57	171.30	15:50:40	5:32	45	4:06:52	175	5:43:08