



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Forumteam Rennsteiglauf

Total time: 15:51:00

Number: 28

Speed: 10.79 km/h

Running performance: 5:33 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 177 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 47(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	1:36:34	5:36	57	29:02	191	35:09	17.20	1:36:34	5:36	5	12:14	218	34:47
Schildwiese	20.10	2:00:27	5:59	58	47:20	206	56:12	37.30	3:37:01	5:49	5	51:10	218	1:27:45
Neuhaus/ Gewerl	15.50	1:55:43	7:27	64	51:02	211	55:20	52.80	5:32:44	6:18	5	1:10:41	218	2:21:55
Triniusstein	21.60	2:06:49	5:52	58	48:12	196	52:45	74.40	7:39:33	6:10	5	1:09:56	218	3:12:56
Allzunah	15.00	1:23:47	5:35	50	25:21	186	35:29	89.40	9:03:20	6:04	5	1:07:42	218	3:48:25
Grenzadler	19.80	1:43:05	5:12	39	29:02	142	33:50	109.20	10:46:25	5:55	5	47:26	218	4:16:55
Nesselberg	13.80	1:11:10	5:09	13	11:02	96	22:32	123.00	11:57:35	5:50	5	42:42	218	4:39:07
Kleiner Inselsber	13.90	1:09:14	4:58	9	13:23	67	18:02	136.90	13:06:49	5:44	5	30:48	218	4:57:09
Hohe Sonne	19.70	1:31:37	4:39	18	19:00	68	25:53	156.60	14:38:26	5:36	5	27:12	218	5:20:22
Hörschel	14.70	1:12:34	4:56	11	9:40	65	23:06	171.30	15:51:00	5:33	47	4:07:12	177	5:43:28