



12. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

8. Staffel Thüringer Zahnärzte

Total time: 14:52:54

Number: 163

Speed: 11.49 km/h

Running performance: 5:13 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 127 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 100(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	1:25:40	4:58	102	24:15	139	24:15	17.20	1:25:40	4:58	100	23:53	152	23:53
Schildwiese	20.10	1:30:44	4:30	53	26:29	77	26:29	37.30	2:56:24	4:43	100	47:08	152	47:08
Neuhaus/ Gewerl	15.50	1:37:44	6:18	122	37:21	177	37:21	52.80	4:34:08	5:11	100	1:23:19	152	1:23:19
Triniusstein	21.60	1:44:53	4:51	72	30:49	100	30:49	74.40	6:19:01	5:05	100	1:52:24	152	1:52:24
Allzunah	15.00	1:03:39	4:14	27	15:21	29	15:21	89.40	7:22:40	4:57	100	2:07:45	152	2:07:45
Grenzadler	19.80	1:45:41	5:20	109	36:26	154	36:26	109.20	9:08:21	5:01	100	2:38:51	152	2:38:51
Nesselberg	13.80	1:08:01	4:55	61	19:23	69	19:23	123.00	10:16:22	5:00	100	2:57:54	152	2:57:54
Kleiner Inselsber	13.90	1:21:12	5:50	120	30:00	169	30:00	136.90	11:37:34	5:05	100	3:27:54	152	3:27:54
Hohe Sonne	19.70	1:43:18	5:14	106	37:34	156	37:34	156.60	13:20:52	5:06	100	4:02:48	152	4:02:48
Hörschel	14.70	1:32:02	6:15	126	42:34	184	42:34	171.30	14:52:54	5:12	100	4:45:22	127	4:45:22