



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Die 10 Hermunduren

Total time: 15:55:29

Number: 26

Speed: 10.74 km/h

Running performance: 5:35 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 180 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 48(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.	Stage score		Total ranking							
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Grumbach	17.20	1:31:17	5:18	48	23:45	170	29:52	17.20	1:31:17	5:18	4	6:57	113	29:30	
Schildwiese	20.10	1:47:19	5:20	52	34:12	179	43:04	37.30	3:18:36	5:19	4	32:45	218	1:09:20	
Neuhaus/ Gewerl	15.50	1:42:51	6:38	55	38:10	193	42:28	52.80	5:01:27	5:42	4	39:24	218	1:50:38	
Triniusstein	21.60	1:55:06	5:19	42	36:29	152	41:02	74.40	6:56:33	5:35	4	26:56	218	2:29:56	
Allzunah	15.00	1:17:41	5:10	35	19:15	155	29:23	89.40	8:14:14	5:31	4	18:36	218	2:59:19	
Grenzadler	19.80	1:33:11	4:42	21	19:08	59	23:56	109.20	9:47:25	5:22	4		218	3:17:55	
Nesselberg	13.80	1:26:24	6:15	53	26:16	198	37:46	123.00	11:13:49	5:28	4		218	3:55:21	
Kleiner Inselsber	13.90	1:41:19	7:17	66	45:28	217	50:07	136.90	12:55:08	5:39	4	19:07	218	4:45:28	
Hohe Sonne	19.70	1:25:29	4:20	11	12:52	35	19:45	156.60	14:20:37	5:29	4	9:23	218	5:02:33	
Hörschel	14.70	1:34:52	6:27	56	31:58	198	45:24	171.30	15:55:29	5:34	48	4:11:41	180	5:47:57	