



12. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Thinking of you - Heiko

Total time: 14:56:40

Number: 182

Speed: 11.44 km/h

Running performance: 5:14 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 131 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 101(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	1:19:03	4:35	52	17:38	69	17:38	17.20	1:19:03	4:35	101	17:16	156	17:16
Schildwiese	20.10	1:36:10	4:47	83	31:55	119	31:55	37.30	2:55:13	4:41	101	45:57	156	45:57
Neuhaus/ Gewerl	15.50	1:29:59	5:48	101	29:36	137	29:36	52.80	4:25:12	5:01	101	1:14:23	156	1:14:23
Triniusstein	21.60	1:52:23	5:12	102	38:19	141	38:19	74.40	6:17:35	5:04	101	1:50:58	156	1:50:58
Allzunah	15.00	1:22:10	5:28	127	33:52	176	33:52	89.40	7:39:45	5:08	101	2:24:50	156	2:24:50
Grenzadler	19.80	1:43:57	5:15	100	34:42	145	34:42	109.20	9:23:42	5:09	101	2:54:12	156	2:54:12
Nesselberg	13.80	1:21:17	5:53	124	32:39	172	32:39	123.00	10:44:59	5:14	101	3:26:31	156	3:26:31
Kleiner Inselsber	13.90	1:17:20	5:33	103	26:08	138	26:08	136.90	12:02:19	5:16	101	3:52:39	156	3:52:39
Hohe Sonne	19.70	1:37:37	4:57	82	31:53	112	31:53	156.60	13:39:56	5:14	101	4:21:52	156	4:21:52
Hörschel	14.70	1:16:44	5:13	78	27:16	97	27:16	171.30	14:56:40	5:14	101	4:49:08	131	4:49:08