



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

adapoe sport

Total time: 15:03:28

Number: 120

Speed: 11.36 km/h

Running performance: 5:16 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 136 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 105(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	1:23:55	4:52	87	22:30	122	22:30	17.20	1:23:55	4:52	105	22:08	162	22:08
Schildwiese	20.10	1:28:32	4:24	44	24:17	60	24:17	37.30	2:52:27	4:37	105	43:11	162	43:11
Neuhaus/ Gewerl	15.50	1:39:28	6:25	127	39:05	186	39:05	52.80	4:31:55	5:08	105	1:21:06	162	1:21:06
Triniusstein	21.60	2:02:16	5:39	127	48:12	185	48:12	74.40	6:34:11	5:17	105	2:07:34	162	2:07:34
Allzunah	15.00	1:00:22	4:01	14	12:04	15	12:04	89.40	7:34:33	5:05	105	2:19:38	162	2:19:38
Grenzadler	19.80	1:56:51	5:54	134	47:36	195	47:36	109.20	9:31:24	5:13	105	3:01:54	162	3:01:54
Nesselberg	13.80	1:06:46	4:50	57	18:08	62	18:08	123.00	10:38:10	5:11	105	3:19:42	162	3:19:42
Kleiner Inselsber	13.90	1:21:11	5:50	118	29:59	167	29:59	136.90	11:59:21	5:15	105	3:49:41	162	3:49:41
Hohe Sonne	19.70	1:42:51	5:13	104	37:07	153	37:07	156.60	13:42:12	5:15	105	4:24:08	162	4:24:08
Hörschel	14.70	1:21:16	5:31	100	31:48	127	31:48	171.30	15:03:28	5:16	105	4:55:56	136	4:55:56