



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Koma Läufer

Total time: 15:06:16

Number: 159

Speed: 11.32 km/h

Running performance: 5:17 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 138 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 107(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	1:23:33	4:51	84	22:08	115	22:08	17.20	1:23:33	4:51	108	21:46	166	21:46
Schildwiese	20.10	1:42:20	5:05	106	38:05	155	38:05	37.30	3:05:53	4:59	108	56:37	166	56:37
Neuhaus/ Gewerl	15.50	1:39:33	6:25	128	39:10	187	39:10	52.80	4:45:26	5:24	108	1:34:37	166	1:34:37
Triniusstein	21.60	2:00:45	5:35	121	46:41	177	46:41	74.40	6:46:11	5:27	108	2:19:34	166	2:19:34
Allzunah	15.00	1:14:47	4:59	95	26:29	126	26:29	89.40	8:00:58	5:22	108	2:46:03	166	2:46:03
Grenzadler	19.80	1:28:08	4:27	19	18:53	31	18:53	109.20	9:29:06	5:12	108	2:59:36	166	2:59:36
Nesselberg	13.80	1:13:53	5:21	104	25:15	131	25:15	123.00	10:42:59	5:13	108	3:24:31	166	3:24:31
Kleiner Inselsber	13.90	1:15:34	5:26	91	24:22	120	24:22	136.90	11:58:33	5:14	108	3:48:53	166	3:48:53
Hohe Sonne	19.70	1:45:41	5:21	111	39:57	163	39:57	156.60	13:44:14	5:15	108	4:26:10	166	4:26:10
Hörschel	14.70	1:22:02	5:34	102	32:34	131	32:34	171.30	15:06:16	5:17	107	4:58:44	138	4:58:44