



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Wadenkrampf Berlin

Total time: 15:12:17

Number: 141

Speed: 11.25 km/h

Running performance: 5:20 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 146 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 112(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	1:45:22	6:07	136	43:57	209	43:57	17.20	1:45:22	6:07	112	43:35	171	43:35
Schildwiese	20.10	1:41:53	5:04	104	37:38	151	37:38	37.30	3:27:15	5:33	112	1:17:59	171	1:17:59
Neuhaus/ Gewerl	15.50	1:34:46	6:06	116	34:23	164	34:23	52.80	5:02:01	5:43	112	1:51:12	171	1:51:12
Triniusstein	21.60	1:52:04	5:11	99	38:00	138	38:00	74.40	6:54:05	5:33	112	2:27:28	171	2:27:28
Allzunah	15.00	1:13:32	4:54	84	25:14	111	25:14	89.40	8:07:37	5:27	112	2:52:42	171	2:52:42
Grenzadler	19.80	1:37:48	4:56	64	28:33	97	28:33	109.20	9:45:25	5:21	112	3:15:55	171	3:15:55
Nesselberg	13.80	1:10:40	5:07	77	22:02	92	22:02	123.00	10:56:05	5:20	112	3:37:37	171	3:37:37
Kleiner Inselsber	13.90	1:20:13	5:46	113	29:01	157	29:01	136.90	12:16:18	5:22	112	4:06:38	171	4:06:38
Hohe Sonne	19.70	1:41:23	5:08	101	35:39	143	35:39	156.60	13:57:41	5:20	112	4:39:37	171	4:39:37
Hörschel	14.70	1:14:36	5:04	61	25:08	76	25:08	171.30	15:12:17	5:19	112	5:04:45	146	5:04:45