



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

KreuzderQuere

Total time: 15:13:00

Number: 124

Speed: 11.24 km/h

Running performance: 5:20 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 148 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 113(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	1:23:36	4:51	85	22:11	117	22:11	17.20	1:23:36	4:51	113	21:49	172	21:49
Schildwiese	20.10	1:39:33	4:57	95	35:18	141	35:18	37.30	3:03:09	4:54	113	53:53	172	53:53
Neuhaus/ Gewerl	15.50	1:17:54	5:01	48	17:31	57	17:31	52.80	4:21:03	4:56	113	1:10:14	172	1:10:14
Triniusstein	21.60	1:43:50	4:48	66	29:46	91	29:46	74.40	6:04:53	4:54	113	1:38:16	172	1:38:16
Allzunah	15.00	1:14:13	4:56	92	25:55	122	25:55	89.40	7:19:06	4:54	113	2:04:11	172	2:04:11
Grenzadler	19.80	2:02:01	6:09	136	52:46	201	52:46	109.20	9:21:07	5:08	113	2:51:37	172	2:51:37
Nesselberg	13.80	1:14:38	5:24	107	26:00	137	26:00	123.00	10:35:45	5:10	113	3:17:17	172	3:17:17
Kleiner Inselsber	13.90	1:16:33	5:30	97	25:21	130	25:21	136.90	11:52:18	5:12	113	3:42:38	172	3:42:38
Hohe Sonne	19.70	1:47:52	5:28	116	42:08	174	42:08	156.60	13:40:10	5:14	113	4:22:06	172	4:22:06
Hörschel	14.70	1:32:50	6:18	129	43:22	188	43:22	171.30	15:13:00	5:19	113	5:05:28	148	5:05:28