



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

ClimbRunners

Total time: 15:13:17

Number: 34

Speed: 11.23 km/h

Running performance: 5:20 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 149 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 114(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	1:21:11	4:43	63	19:46	87	19:46	17.20	1:21:11	4:43	114	19:24	173	19:24
Schildwiese	20.10	1:40:53	5:01	98	36:38	144	36:38	37.30	3:02:04	4:52	114	52:48	173	52:48
Neuhaus/ Gewerl	15.50	1:30:58	5:52	105	30:35	142	30:35	52.80	4:33:02	5:10	114	1:22:13	173	1:22:13
Triniusstein	21.60	1:42:55	4:45	61	28:51	84	28:51	74.40	6:15:57	5:03	114	1:49:20	173	1:49:20
Allzunah	15.00	1:16:47	5:07	114	28:29	149	28:29	89.40	7:32:44	5:03	114	2:17:49	173	2:17:49
Grenzadler	19.80	1:52:10	5:39	126	42:55	181	42:55	109.20	9:24:54	5:10	114	2:55:24	173	2:55:24
Nesselberg	13.80	1:27:29	6:20	137	38:51	203	38:51	123.00	10:52:23	5:18	114	3:33:55	173	3:33:55
Kleiner Inselsber	13.90	1:18:07	5:37	107	26:55	144	26:55	136.90	12:10:30	5:20	114	4:00:50	173	4:00:50
Hohe Sonne	19.70	1:46:35	5:24	113	40:51	165	40:51	156.60	13:57:05	5:20	114	4:39:01	173	4:39:01
Hörschel	14.70	1:16:12	5:11	72	26:44	91	26:44	171.30	15:13:17	5:19	114	5:05:45	149	5:05:45