



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Breuni Sports-Erfurt Nord

Total time: 16:23:54

Number: 5

Speed: 10.43 km/h

Running performance: 5:44 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 195 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 7(of 12)

Frauenstaffel

Best time in the category: 13:40:55

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	1:41:56	5:55	7	27:20	203	40:31	17.20	1:41:56	5:55	7	23:05	218	40:09
Schildwiese	20.10	1:59:21	5:56	11	30:14	204	55:06	37.30	3:41:17	5:55	7	52:24	218	1:32:01
Neuhaus/ Gewerl	15.50	1:40:46	6:30	8	20:23	190	40:23	52.80	5:22:03	6:05	7	56:23	218	2:11:14
Triniusstein	21.60	2:08:10	5:56	9	36:24	202	54:06	74.40	7:30:13	6:03	7	1:32:47	218	3:03:36
Allzunah	15.00	1:23:33	5:34	6	16:49	185	35:15	89.40	8:53:46	5:58	7	1:49:36	218	3:38:51
Grenzadler	19.80	1:33:53	4:44	1	-	61	24:38	109.20	10:27:39	5:44	7	1:42:14	218	3:58:09
Nesselberg	13.80	1:31:45	6:38	12	27:20	210	43:07	123.00	11:59:24	5:50	7	2:08:23	218	4:40:56
Kleiner Inselsber	13.90	1:21:46	5:52	8	13:40	172	30:34	136.90	13:21:10	5:51	7	2:22:03	218	5:11:30
Hohe Sonne	19.70	1:35:18	4:50	3	9:02	103	29:34	156.60	14:56:28	5:43	7	2:22:50	218	5:38:24
Hörschel	14.70	1:27:26	5:56	10	20:09	166	37:58	171.30	16:23:54	5:44	7	2:42:59	195	6:16:22