



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

LG Frauenwald 1

Total time: 15:35:02

Number: 134

Speed: 10.97 km/h

Running performance: 5:28 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 164 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 120(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	1:23:07	4:49	81	21:42	112	21:42	17.20	1:23:07	4:49	122	21:20	188	21:20
Schildwiese	20.10	1:51:54	5:34	131	47:39	194	47:39	37.30	3:15:01	5:13	122	1:05:45	188	1:05:45
Neuhaus/ Gewerl	15.50	1:35:31	6:09	119	35:08	168	35:08	52.80	4:50:32	5:30	122	1:39:43	188	1:39:43
Triniusstein	21.60	1:44:24	4:49	69	30:20	95	30:20	74.40	6:34:56	5:18	122	2:08:19	188	2:08:19
Allzunah	15.00	1:16:16	5:05	112	27:58	146	27:58	89.40	7:51:12	5:16	122	2:36:17	188	2:36:17
Grenzadler	19.80	2:02:18	6:10	137	53:03	202	53:03	109.20	9:53:30	5:26	122	3:24:00	188	3:24:00
Nesselberg	13.80	1:22:28	5:58	127	33:50	179	33:50	123.00	11:15:58	5:29	122	3:57:30	188	3:57:30
Kleiner Inselsber	13.90	1:10:18	5:03	63	19:06	74	19:06	136.90	12:26:16	5:27	122	4:16:36	188	4:16:36
Hohe Sonne	19.70	1:40:49	5:07	98	35:05	139	35:05	156.60	14:07:05	5:24	122	4:49:01	188	4:49:01
Hörschel	14.70	1:27:57	5:58	118	38:29	169	38:29	171.30	15:35:02	5:27	120	5:27:30	164	5:27:30