



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

R - S Runners, SV Mihla 2

Number: 191

Course: 171.30 km
Blankenstein-Hörschel

Category:
Männerstaffel

Total time: 15:42:48

Speed: 10.88 km/h

Running performance: 5:30 min/km

Rank in course: 170 (of 217)

Best time in course: 10:07:32

Rank in category: 123(of 139)

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	1:47:47	6:15	137	46:22	212	46:22	17.20	1:47:47	6:15	124	46:00	192	46:00
Schildwiese	20.10	1:44:26	5:11	114	40:11	167	40:11	37.30	3:32:13	5:41	124	1:22:57	192	1:22:57
Neuhaus/ Gewerl	15.50	1:21:21	5:14	60	20:58	73	20:58	52.80	4:53:34	5:33	124	1:42:45	192	1:42:45
Triniusstein	21.60	2:00:52	5:35	122	46:48	178	46:48	74.40	6:54:26	5:34	124	2:27:49	192	2:27:49
Allzunah	15.00	1:16:08	5:04	107	27:50	141	27:50	89.40	8:10:34	5:29	124	2:55:39	192	2:55:39
Grenzadler	19.80	1:33:00	4:41	38	23:45	57	23:45	109.20	9:43:34	5:20	124	3:14:04	192	3:14:04
Nesselberg	13.80	1:10:37	5:07	76	21:59	91	21:59	123.00	10:54:11	5:19	124	3:35:43	192	3:35:43
Kleiner Inselsber	13.90	1:15:45	5:26	92	24:33	121	24:33	136.90	12:09:56	5:19	124	4:00:16	192	4:00:16
Hohe Sonne	19.70	2:07:36	6:28	138	1:01:52	212	1:01:52	156.60	14:17:32	5:28	124	4:59:28	192	4:59:28
Hörschel	14.70	1:25:16	5:48	116	35:48	153	35:48	171.30	15:42:48	5:30	123	5:35:16	170	5:35:16