



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

FSV 1986 Bad Langensalza

Total time: 15:37:18

Number: 197

Speed: 10.95 km/h

Running performance: 5:28 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 167 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 121(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	1:53:20	6:35	138	51:55	214	51:55	17.20	1:53:20	6:35	129	51:33	198	51:33
Schildwiese	20.10	1:49:24	5:26	127	45:09	185	45:09	37.30	3:42:44	5:58	129	1:33:28	198	1:33:28
Neuhaus/ Gewerl	15.50	1:15:03	4:50	34	14:40	38	14:40	52.80	4:57:47	5:38	129	1:46:58	198	1:46:58
Triniusstein	21.60	1:44:46	4:51	71	30:42	99	30:42	74.40	6:42:33	5:24	129	2:15:56	198	2:15:56
Allzunah	15.00	1:35:10	6:20	138	46:52	211	46:52	89.40	8:17:43	5:34	129	3:02:48	198	3:02:48
Grenzadler	19.80	1:55:06	5:48	130	45:51	190	45:51	109.20	10:12:49	5:36	129	3:43:19	198	3:43:19
Nesselberg	13.80	1:05:54	4:46	48	17:16	53	17:16	123.00	11:18:43	5:31	129	4:00:15	198	4:00:15
Kleiner Inselsber	13.90	1:25:33	6:09	129	34:21	191	34:21	136.90	12:44:16	5:34	129	4:34:36	198	4:34:36
Hohe Sonne	19.70	1:30:37	4:35	44	24:53	61	24:53	156.60	14:14:53	5:27	129	4:56:49	198	4:56:49
Hörschel	14.70	1:22:25	5:36	105	32:57	134	32:57	171.30	15:37:18	5:28	121	5:29:46	167	5:29:46