



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Werratal Runners

Number: 169

Course: 171.30 km
Blankenstein-Hörschel

Category:
Männerstaffel

Total time: 12:29:00

Speed: 13.70 km/h

Running performance: 4:22 min/km

Rank in course: 16 (of 217)

Best time in course: 10:07:32

Rank in category: 13(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	1:15:46	4:24	35	14:21	45	14:21	17.20	1:15:46	4:24	13	13:59	20	13:59
Schildwiese	20.10	1:25:24	4:14	34	21:09	46	21:09	37.30	2:41:10	4:19	13	31:54	20	31:54
Neuhaus/ Gewerl	15.50	1:15:03	4:50	34	14:40	38	14:40	52.80	3:56:13	4:28	13	45:24	20	45:24
Triniusstein	21.60	1:36:41	4:28	30	22:37	43	22:37	74.40	5:32:54	4:28	13	1:06:17	20	1:06:17
Allzunah	15.00	1:03:14	4:12	24	14:56	25	14:56	89.40	6:36:08	4:25	13	1:21:13	20	1:21:13
Grenzadler	19.80	1:23:08	4:11	11	13:53	16	13:53	109.20	7:59:16	4:23	13	1:29:46	20	1:29:46
Nesselberg	13.80	1:04:27	4:40	40	15:49	44	15:49	123.00	9:03:43	4:25	13	1:45:15	20	1:45:15
Kleiner Inselsber	13.90	1:00:36	4:21	14	9:24	15	9:24	136.90	10:04:19	4:24	13	1:54:39	20	1:54:39
Hohe Sonne	19.70	1:19:21	4:01	14	13:37	17	13:37	156.60	11:23:40	4:21	13	2:05:36	20	2:05:36
Hörschel	14.70	1:05:20	4:26	15	15:52	18	15:52	171.30	12:29:00	4:22	13	2:21:28	16	2:21:28