



12. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Thüringer Landläufer

Total time: 16:26:01

Number: 53

Speed: 10.41 km/h

Running performance: 5:46 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 196 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 135(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	1:38:19	5:42	131	36:54	196	36:54	17.20	1:38:19	5:42	133	36:32	202	36:32
Schildwiese	20.10	1:50:55	5:31	129	46:40	192	46:40	37.30	3:29:14	5:36	133	1:19:58	202	1:19:58
Neuhaus/ Gewerl	15.50	1:33:47	6:03	114	33:24	159	33:24	52.80	5:03:01	5:44	133	1:52:12	202	1:52:12
Triniusstein	21.60	1:58:07	5:28	115	44:03	166	44:03	74.40	7:01:08	5:39	133	2:34:31	202	2:34:31
Allzunah	15.00	1:21:07	5:24	124	32:49	172	32:49	89.40	8:22:15	5:37	133	3:07:20	202	3:07:20
Grenzadler	19.80	2:06:17	6:22	138	57:02	210	57:02	109.20	10:28:32	5:45	133	3:59:02	202	3:59:02
Nesselberg	13.80	1:24:03	6:05	132	35:25	191	35:25	123.00	11:52:35	5:47	133	4:34:07	202	4:34:07
Kleiner Inselsber	13.90	1:24:02	6:02	126	32:50	185	32:50	136.90	13:16:37	5:49	133	5:06:57	202	5:06:57
Hohe Sonne	19.70	1:53:44	5:46	127	48:00	191	48:00	156.60	15:10:21	5:48	133	5:52:17	202	5:52:17
Hörschel	14.70	1:15:40	5:08	70	26:12	88	26:12	171.30	16:26:01	5:45	135	6:18:29	196	6:18:29