



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

SNR

Total time: 16:01:38

Number: 177

Speed: 10.67 km/h

Running performance: 5:37 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 185 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 129(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	1:39:59	5:48	132	38:34	199	38:34	17.20	1:39:59	5:48	135	38:12	205	38:12
Schildwiese	20.10	1:31:32	4:33	59	27:17	84	27:17	37.30	3:11:31	5:08	135	1:02:15	205	1:02:15
Neuhaus/ Gewerl	15.50	1:38:57	6:23	124	38:34	182	38:34	52.80	4:50:28	5:30	135	1:39:39	205	1:39:39
Triniusstein	21.60	2:08:21	5:56	135	54:17	203	54:17	74.40	6:58:49	5:37	135	2:32:12	205	2:32:12
Allzunah	15.00	1:33:54	6:15	137	45:36	210	45:36	89.40	8:32:43	5:44	135	3:17:48	205	3:17:48
Grenzadler	19.80	1:28:12	4:27	20	18:57	32	18:57	109.20	10:00:55	5:30	135	3:31:25	205	3:31:25
Nesselberg	13.80	1:27:06	6:18	136	38:28	201	38:28	123.00	11:28:01	5:35	135	4:09:33	205	4:09:33
Kleiner Inselsber	13.90	1:27:13	6:16	132	36:01	194	36:01	136.90	12:55:14	5:39	135	4:45:34	205	4:45:34
Hohe Sonne	19.70	1:37:58	4:58	84	32:14	116	32:14	156.60	14:33:12	5:34	135	5:15:08	205	5:15:08
Hörschel	14.70	1:28:26	6:00	121	38:58	172	38:58	171.30	16:01:38	5:36	129	5:54:06	185	5:54:06