



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

X-FAB/Melexis Running Ladies

Total time: 17:01:43

Number: 13

Speed: 10.04 km/h

Running performance: 5:58 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 209 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 9(of 12)

Frauenstaffel

Best time in the category: 13:40:55

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	1:46:23	6:11	11	31:47	210	44:58	17.20	1:46:23	6:11	9	27:32	218	44:36
Schildwiese	20.10	1:45:20	5:14	6	16:13	172	41:05	37.30	3:31:43	5:40	9	42:50	218	1:22:27
Neuhaus/ Gewerl	15.50	1:43:19	6:39	9	22:56	195	42:56	52.80	5:15:02	5:57	9	49:22	218	2:04:13
Triniusstein	21.60	2:04:53	5:46	7	33:07	193	50:49	74.40	7:19:55	5:54	9	1:22:29	218	2:53:18
Allzunah	15.00	1:30:00	6:00	11	23:16	206	41:42	89.40	8:49:55	5:55	9	1:45:45	218	3:35:00
Grenzadler	19.80	2:03:47	6:15	11	29:54	205	54:32	109.20	10:53:42	5:59	9	2:08:17	218	4:24:12
Nesselberg	13.80	1:18:26	5:41	6	14:01	161	29:48	123.00	12:12:08	5:57	9	2:21:07	218	4:53:40
Kleiner Inselsber	13.90	1:27:21	6:17	10	19:15	195	36:09	136.90	13:39:29	5:59	9	2:40:22	218	5:29:49
Hohe Sonne	19.70	1:56:43	5:55	9	30:27	196	50:59	156.60	15:36:12	5:58	9	3:02:34	218	6:18:08
Hörschel	14.70	1:25:31	5:49	8	18:14	156	36:03	171.30	17:01:43	5:57	9	3:20:48	209	6:54:11