



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Sportluck Frauen

Total time: 13:40:55

Number: 1

Speed: 12.50 km/h

Running performance: 4:47 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 47 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 1(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	1:18:51	4:35	2	4:15	68	17:26	17.20	1:18:51	4:35	1	-	218	17:04
Schildwiese	20.10	1:30:02	4:28	2	0:55	72	25:47	37.30	2:48:53	4:31	1	-	218	39:37
Neuhaus/ Gewerl	15.50	1:36:47	6:14	7	16:24	173	36:24	52.80	4:25:40	5:01	1	-	218	1:14:51
Triniusstein	21.60	1:31:46	4:14	1	-	28	17:42	74.40	5:57:26	4:48	1	-	218	1:30:49
Allzunah	15.00	1:06:44	4:26	1	-	50	18:26	89.40	7:04:10	4:44	1	-	218	1:49:15
Grenzadler	19.80	1:41:15	5:06	4	7:22	129	32:00	109.20	8:45:25	4:48	1	-	218	2:15:55
Nesselberg	13.80	1:05:36	4:45	2	1:11	47	16:58	123.00	9:51:01	4:48	1	-	218	2:32:33
Kleiner Inselsber	13.90	1:08:06	4:53	1	-	59	16:54	136.90	10:59:07	4:48	1	-	218	2:49:27
Hohe Sonne	19.70	1:34:31	4:47	2	8:15	97	28:47	156.60	12:33:38	4:48	1	-	218	3:15:34
Hörschel	14.70	1:07:17	4:34	1	-	28	17:49	171.30	13:40:55	4:47	1	-	47	3:33:23