



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

sportluck mix

Total time: 13:46:28

Number: 55

Speed: 12.41 km/h

Running performance: 4:49 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 55 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 9(of 66)

Mixstaffel

Best time in the category: 11:43:48

| 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 | 1:14:16 | 4:19 | 8 | 6:44 | 37 | 12:51 | 17.20 | 1:14:16 | 4:19 | 34 | | 218 | 12:29 |
| Schildwiese | 20.10 | 1:20:21 | 3:59 | 8 | 7:14 | 23 | 16:06 | 37.30 | 2:34:37 | 4:08 | 34 | | 218 | 25:21 |
| Neuhaus/ Gewerl | 15.50 | 1:04:41 | 4:10 | 1 | - | 8 | 4:18 | 52.80 | 3:39:18 | 4:09 | 34 | | 218 | 28:29 |
| Triniusstein | 21.60 | 1:41:21 | 4:41 | 20 | 22:44 | 73 | 27:17 | 74.40 | 5:20:39 | 4:18 | 34 | | 218 | 54:02 |
| Allzunah | 15.00 | 1:19:28 | 5:17 | 40 | 21:02 | 166 | 31:10 | 89.40 | 6:40:07 | 4:28 | 34 | | 218 | 1:25:12 |
| Grenzadler | 19.80 | 1:39:01 | 5:00 | 32 | 24:58 | 109 | 29:46 | 109.20 | 8:19:08 | 4:34 | 34 | | 218 | 1:49:38 |
| Nesselberg | 13.80 | 1:11:26 | 5:10 | 15 | 11:18 | 102 | 22:48 | 123.00 | 9:30:34 | 4:38 | 34 | | 218 | 2:12:06 |
| Kleiner Inselsber | 13.90 | 1:14:50 | 5:23 | 24 | 18:59 | 113 | 23:38 | 136.90 | 10:45:24 | 4:42 | 34 | | 218 | 2:35:44 |
| Hohe Sonne | 19.70 | 1:42:27 | 5:12 | 40 | 29:50 | 149 | 36:43 | 156.60 | 12:27:51 | 4:46 | 34 | | 218 | 3:09:47 |
| Hörschel | 14.70 | 1:18:37 | 5:20 | 19 | 15:43 | 111 | 29:09 | 171.30 | 13:46:28 | 4:49 | 9 | 2:02:40 | 55 | 3:38:56 |