



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

AOL 04

Total time: 12:50:25

Number: 196

Speed: 13.32 km/h

Running performance: 4:30 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 23 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 19(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	1:18:39	4:34	50	17:14	65	17:14	17.20	1:18:39	4:34	19	16:52	30	16:52
Schildwiese	20.10	1:22:27	4:06	20	18:12	30	18:12	37.30	2:41:06	4:19	19	31:50	30	31:50
Neuhaus/ Gewerl	15.50	1:10:24	4:32	19	10:01	21	10:01	52.80	3:51:30	4:23	19	40:41	30	40:41
Triniusstein	21.60	1:30:18	4:10	15	16:14	23	16:14	74.40	5:21:48	4:19	19	55:11	30	55:11
Allzunah	15.00	1:00:03	4:00	12	11:45	13	11:45	89.40	6:21:51	4:16	19	1:06:56	30	1:06:56
Grenzadler	19.80	1:34:59	4:47	43	25:44	69	25:44	109.20	7:56:50	4:21	19	1:27:20	30	1:27:20
Nesselberg	13.80	1:03:16	4:35	31	14:38	33	14:38	123.00	9:00:06	4:23	19	1:41:38	30	1:41:38
Kleiner Inselsber	13.90	1:05:44	4:43	41	14:32	43	14:32	136.90	10:05:50	4:25	19	1:56:10	30	1:56:10
Hohe Sonne	19.70	1:43:10	5:14	105	37:26	155	37:26	156.60	11:49:00	4:31	19	2:30:56	30	2:30:56
Hörschel	14.70	1:01:25	4:10	11	11:57	11	11:57	171.30	12:50:25	4:29	19	2:42:53	23	2:42:53