



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 |