



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Die Schönen und die Biester

Total time: 14:02:36

Number: 131

Speed: 12.18 km/h

Running performance: 4:55 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 75 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 12(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	1:21:25	4:44	24	13:53	89	20:00	17.20	1:21:25	4:44	40		218	19:38
Schildwiese	20.10	1:19:04	3:56	6	5:57	15	14:49	37.30	2:40:29	4:18	40		218	31:13
Neuhaus/ Gewerl	15.50	1:29:23	5:46	33	24:42	134	29:00	52.80	4:09:52	4:43	40		218	59:03
Triniusstein	21.60	1:46:36	4:56	29	27:59	110	32:32	74.40	5:56:28	4:47	40		218	1:29:51
Allzunah	15.00	1:13:39	4:54	27	15:13	113	25:21	89.40	7:10:07	4:48	40		94	1:55:12
Grenzadler	19.80	1:24:53	4:17	10	10:50	24	15:38	109.20	8:35:00	4:42	40		218	2:05:30
Nesselberg	13.80	1:15:13	5:27	27	15:05	142	26:35	123.00	9:50:13	4:47	40		218	2:31:45
Kleiner Inselsber	13.90	1:21:24	5:51	43	25:33	170	30:12	136.90	11:11:37	4:54	40		218	3:01:57
Hohe Sonne	19.70	1:32:50	4:42	20	20:13	85	27:06	156.60	12:44:27	4:52	40		218	3:26:23
Hörschel	14.70	1:18:09	5:18	18	15:15	107	28:41	171.30	14:02:36	4:55	12	2:18:48	75	3:55:04