



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

R - S Runners-SV Mihla 1

Total time: 14:09:37

Number: 45

Speed: 12.08 km/h

Running performance: 4:58 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 82 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 14(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 | | Behind | | Total km | Total Time | Total min/km | Pos | | Behind | |
|-------------------|-------------|---------------|-----------------|------|-------|--------|-------|-------------|---------------|-----------------|------|---------|--------|---------|
| | | | | Cat. | Cat. | Total | Total | | | | Cat. | Cat. | Total | Total |
| Grumbach | 17.20 | 1:28:02 | 5:07 | 41 | 20:30 | 153 | 26:37 | 17.20 | 1:28:02 | 5:07 | 38 | 3:42 | 218 | 26:15 |
| Schildwiese | 20.10 | 1:20:18 | 3:59 | 7 | 7:11 | 21 | 16:03 | 37.30 | 2:48:20 | 4:30 | 38 | 2:29 | 218 | 39:04 |
| Neuhaus/ Gewerl | 15.50 | 1:28:48 | 5:43 | 31 | 24:07 | 129 | 28:25 | 52.80 | 4:17:08 | 4:52 | 38 | | 218 | 1:06:19 |
| Triniusstein | 21.60 | 1:35:32 | 4:25 | 11 | 16:55 | 39 | 21:28 | 74.40 | 5:52:40 | 4:44 | 38 | | 218 | 1:26:03 |
| Allzunah | 15.00 | 1:14:33 | 4:58 | 29 | 16:07 | 124 | 26:15 | 89.40 | 7:07:13 | 4:46 | 38 | | 58 | 1:52:18 |
| Grenzadler | 19.80 | 1:33:58 | 4:44 | 22 | 19:55 | 62 | 24:43 | 109.20 | 8:41:11 | 4:46 | 38 | | 218 | 2:11:41 |
| Nesselberg | 13.80 | 1:22:35 | 5:59 | 47 | 22:27 | 181 | 33:57 | 123.00 | 10:03:46 | 4:54 | 38 | | 218 | 2:45:18 |
| Kleiner Inselsber | 13.90 | 1:13:28 | 5:17 | 17 | 17:37 | 100 | 22:16 | 136.90 | 11:17:14 | 4:56 | 38 | | 218 | 3:07:34 |
| Hohe Sonne | 19.70 | 1:41:29 | 5:09 | 37 | 28:52 | 144 | 35:45 | 156.60 | 12:58:43 | 4:58 | 38 | | 218 | 3:40:39 |
| Hörschel | 14.70 | 1:10:54 | 4:49 | 9 | 8:00 | 56 | 21:26 | 171.30 | 14:09:37 | 4:57 | 14 | 2:25:49 | 82 | 4:02:05 |