



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Spitzensalat des WSV Ilmenau

Total time: 14:19:55

Number: 48

Speed: 11.93 km/h

Running performance: 5:01 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 94 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 19(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	1:26:57	5:03	40	19:25	148	25:32	17.20	1:26:57	5:03	52	2:37	218	25:10
Schildwiese	20.10	1:41:57	5:04	44	28:50	153	37:42	37.30	3:08:54	5:03	52	23:03	131	59:38
Neuhaus/ Gewerl	15.50	1:30:03	5:48	34	25:22	138	29:40	52.80	4:38:57	5:16	52	16:54	218	1:28:08
Triniusstein	21.60	1:26:41	4:00	6	8:04	17	12:37	74.40	6:05:38	4:54	52		218	1:39:01
Allzunah	15.00	1:12:38	4:50	22	14:12	101	24:20	89.40	7:18:16	4:54	52		218	2:03:21
Grenzadler	19.80	1:36:44	4:53	28	22:41	88	27:29	109.20	8:55:00	4:53	52		218	2:25:30
Nesselberg	13.80	1:15:24	5:27	28	15:16	144	26:46	123.00	10:10:24	4:57	52		218	2:51:56
Kleiner Inselsber	13.90	1:11:50	5:10	12	15:59	88	20:38	136.90	11:22:14	4:59	52		218	3:12:34
Hohe Sonne	19.70	1:23:25	4:14	8	10:48	26	17:41	156.60	12:45:39	4:53	52		218	3:27:35
Hörschel	14.70	1:34:16	6:24	51	31:22	192	44:48	171.30	14:19:55	5:01	19	2:36:07	94	4:12:23