



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

LG Rippershausen

Number: 158

Course: 171.30 km  
Blankenstein-Hörschel

Category:  
Männerstaffel

Total time: 13:24:49

Speed: 12.75 km/h

Running performance: 4:42 min/km

Rank in course: 41 (of 217)

Best time in course: 10:07:32

Rank in category: 34(of 139)

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	1:20:39	4:41	61	19:14	83	19:14	17.20	1:20:39	4:41	34	18:52	57	18:52
Schildwiese	20.10	1:24:14	4:11	29	19:59	41	19:59	37.30	2:44:53	4:25	34	35:37	57	35:37
Neuhaus/ Gewerl	15.50	1:16:58	4:57	45	16:35	54	16:35	52.80	4:01:51	4:34	34	51:02	57	51:02
Triniusstein	21.60	1:35:43	4:25	28	21:39	40	21:39	74.40	5:37:34	4:32	34	1:10:57	57	1:10:57
Allzunah	15.00	1:06:49	4:27	43	18:31	52	18:31	89.40	6:44:23	4:31	34	1:29:28	57	1:29:28
Grenzadler	19.80	1:34:51	4:47	42	25:36	68	25:36	109.20	8:19:14	4:34	34	1:49:44	57	1:49:44
Nesselberg	13.80	1:08:08	4:56	64	19:30	72	19:30	123.00	9:27:22	4:36	34	2:08:54	57	2:08:54
Kleiner Inselsber	13.90	1:11:47	5:09	73	20:35	86	20:35	136.90	10:39:09	4:40	34	2:29:29	57	2:29:29
Hohe Sonne	19.70	1:38:59	5:01	90	33:15	126	33:15	156.60	12:18:08	4:42	34	3:00:04	57	3:00:04
Hörschel	14.70	1:06:41	4:32	21	17:13	24	17:13	171.30	13:24:49	4:41	34	3:17:17	41	3:17:17