



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Kesselbrunnrunners & Co.

Total time: 14:32:36

Number: 86

Speed: 11.76 km/h

Running performance: 5:05 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 109 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 23(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	1:32:28	5:22	49	24:56	177	31:03	17.20	1:32:28	5:22	56	8:08	218	30:41
Schildwiese	20.10	1:23:02	4:07	12	9:55	35	18:47	37.30	2:55:30	4:42	56	9:39	218	46:14
Neuhaus/ Gewerl	15.50	1:26:53	5:36	24	22:12	110	26:30	52.80	4:22:23	4:58	56	0:20	218	1:11:34
Triniusstein	21.60	1:51:47	5:10	36	33:10	136	37:43	74.40	6:14:10	5:01	56		218	1:47:33
Allzunah	15.00	1:20:58	5:23	43	22:32	171	32:40	89.40	7:35:08	5:05	56		218	2:20:13
Grenzadler	19.80	1:36:00	4:50	25	21:57	81	26:45	109.20	9:11:08	5:02	56		218	2:41:38
Nesselberg	13.80	1:17:16	5:35	35	17:08	156	28:38	123.00	10:28:24	5:06	56		218	3:09:56
Kleiner Inselsber	13.90	1:07:52	4:52	5	12:01	56	16:40	136.90	11:36:16	5:05	56		218	3:26:36
Hohe Sonne	19.70	1:30:30	4:35	16	17:53	60	24:46	156.60	13:06:46	5:01	56		218	3:48:42
Hörschel	14.70	1:25:50	5:50	34	22:56	158	36:22	171.30	14:32:36	5:05	23	2:48:48	109	4:25:04