



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

48er VR Bank Frauen Power Coburg Total time: 14:42:46
 Speed: 11.62 km/h
 Running performance: 5:09 min/km

Number: 2

Course: 171.30 km
 Blankenstein-Hörschel

Rank in course: 118 (of 217)
 Best time in course: 10:07:32

Category:
 Frauenstaffel

Rank in category: 3(of 12)
 Best time in the category: 13:40:55

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	1:29:17	5:11	4	14:41	159	27:52	17.20	1:29:17	5:11	3	10:26	218	27:30
Schildwiese	20.10	1:52:17	5:35	9	23:10	195	48:02	37.30	3:21:34	5:24	3	32:41	218	1:12:18
Neuhaus/ Gewerl	15.50	1:27:37	5:39	2	7:14	116	27:14	52.80	4:49:11	5:28	3	23:31	218	1:38:22
Triniusstein	21.60	1:51:41	5:10	3	19:55	135	37:37	74.40	6:40:52	5:23	3	43:26	218	2:14:15
Allzunah	15.00	1:10:35	4:42	2	3:51	87	22:17	89.40	7:51:27	5:16	3	47:17	218	2:36:32
Grenzadler	19.80	1:47:19	5:25	7	13:26	163	38:04	109.20	9:38:46	5:18	3	53:21	218	3:09:16
Nesselberg	13.80	1:10:34	5:06	3	6:09	90	21:56	123.00	10:49:20	5:16	3	58:19	218	3:30:52
Kleiner Inselsber	13.90	1:16:53	5:31	5	8:47	133	25:41	136.90	12:06:13	5:18	3	1:07:06	218	3:56:33
Hohe Sonne	19.70	1:26:16	4:22	1	-	40	20:32	156.60	13:32:29	5:11	3	58:51	218	4:14:25
Hörschel	14.70	1:10:17	4:46	2	3:00	50	20:49	171.30	14:42:46	5:09	3	1:01:51	118	4:35:14