



12. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Trefffurter Sperrachen Mix

Total time: 14:46:13

Number: 23

Speed: 11.58 km/h

Running performance: 5:10 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 123 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 24(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	1:20:29	4:40	20	12:57	82	19:04	17.20	1:20:29	4:40	57		218	18:42
Schildwiese	20.10	1:33:58	4:40	30	20:51	106	29:43	37.30	2:54:27	4:40	57	8:36	218	45:11
Neuhaus/ Gewerl	15.50	1:27:07	5:37	25	22:26	111	26:44	52.80	4:21:34	4:57	57		218	1:10:45
Triniusstein	21.60	1:38:05	4:32	14	19:28	55	24:01	74.40	5:59:39	4:50	57		218	1:33:02
Allzunah	15.00	1:22:20	5:29	45	23:54	178	34:02	89.40	7:21:59	4:56	57		218	2:07:04
Grenzadler	19.80	1:45:54	5:20	40	31:51	155	36:39	109.20	9:07:53	5:01	57		164	2:38:23
Nesselberg	13.80	1:11:14	5:09	14	11:06	98	22:36	123.00	10:19:07	5:02	57		218	3:00:39
Kleiner Inselsber	13.90	1:19:31	5:43	36	23:40	151	28:19	136.90	11:38:38	5:06	57		218	3:28:58
Hohe Sonne	19.70	1:42:40	5:12	42	30:03	151	36:56	156.60	13:21:18	5:07	57		218	4:03:14
Hörschel	14.70	1:24:55	5:46	30	22:01	150	35:27	171.30	14:46:13	5:10	24	3:02:25	123	4:38:41