



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Lauftreff Arnstadt

Total time: 13:46:26

Number: 157

Speed: 12.41 km/h

Running performance: 4:49 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 54 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 45(of 139)

Männerstaffel

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	1:21:43	4:45	68	20:18	95	20:18	17.20	1:21:43	4:45	45	19:56	72	19:56
Schildwiese	20.10	1:34:15	4:41	76	30:00	109	30:00	37.30	2:55:58	4:43	45	46:42	72	46:42
Neuhaus/ Gewerl	15.50	1:25:55	5:32	80	25:32	103	25:32	52.80	4:21:53	4:57	45	1:11:04	72	1:11:04
Triniusstein	21.60	1:38:10	4:32	41	24:06	56	24:06	74.40	6:00:03	4:50	45	1:33:26	72	1:33:26
Allzunah	15.00	1:06:57	4:27	44	18:39	53	18:39	89.40	7:07:00	4:46	45	1:52:05	72	1:52:05
Grenzadler	19.80	1:41:33	5:07	90	32:18	132	32:18	109.20	8:48:33	4:50	45	2:19:03	72	2:19:03
Nesselberg	13.80	1:02:15	4:30	23	13:37	24	13:37	123.00	9:50:48	4:48	45	2:32:20	72	2:32:20
Kleiner Inselsber	13.90	1:12:28	5:12	77	21:16	94	21:16	136.90	11:03:16	4:50	45	2:53:36	72	2:53:36
Hohe Sonne	19.70	1:32:12	4:40	53	26:28	72	26:28	156.60	12:35:28	4:49	45	3:17:24	72	3:17:24
Hörschel	14.70	1:10:58	4:49	46	21:30	58	21:30	171.30	13:46:26	4:49	45	3:38:54	54	3:38:54