



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

LTV Rennbären

Number: 179

Course: 171.30 km  
Blankenstein-Hörschel

Category:  
Männerstaffel

Total time: 13:46:53

Speed: 12.41 km/h  
Running performance: 4:50 min/km

Rank in course: 56 (of 217)  
Best time in course: 10:07:32

Rank in category: 46(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    | 1:26:55    | 5:03         | 106         | 25:30       | 147       | 25:30        | 17.20         | 1:26:55    | 5:03         | 46       | 25:08       | 73        | 25:08        |
| Schildwiese        | 20.10    | 1:32:36    | 4:36         | 65          | 28:21       | 92        | 28:21        | 37.30         | 2:59:31    | 4:48         | 46       | 50:15       | 73        | 50:15        |
| Neuhaus/ Gewerl    | 15.50    | 1:12:32    | 4:40         | 26          | 12:09       | 29        | 12:09        | 52.80         | 4:12:03    | 4:46         | 46       | 1:01:14     | 73        | 1:01:14      |
| Triniusstein       | 21.60    | 1:39:27    | 4:36         | 46          | 25:23       | 63        | 25:23        | 74.40         | 5:51:30    | 4:43         | 46       | 1:24:53     | 73        | 1:24:53      |
| Allzunah           | 15.00    | 1:22:15    | 5:29         | 128         | 33:57       | 177       | 33:57        | 89.40         | 7:13:45    | 4:51         | 46       | 1:58:50     | 73        | 1:58:50      |
| Grenzadler         | 19.80    | 1:35:03    | 4:48         | 44          | 25:48       | 70        | 25:48        | 109.20        | 8:48:48    | 4:50         | 46       | 2:19:18     | 73        | 2:19:18      |
| Nesselberg         | 13.80    | 1:12:23    | 5:14         | 90          | 23:45       | 112       | 23:45        | 123.00        | 10:01:11   | 4:53         | 46       | 2:42:43     | 73        | 2:42:43      |
| Kleiner Inselsber  | 13.90    | 1:01:50    | 4:26         | 21          | 10:38       | 22        | 10:38        | 136.90        | 11:03:01   | 4:50         | 46       | 2:53:21     | 73        | 2:53:21      |
| Hohe Sonne         | 19.70    | 1:32:32    | 4:41         | 58          | 26:48       | 78        | 26:48        | 156.60        | 12:35:33   | 4:49         | 46       | 3:17:29     | 73        | 3:17:29      |
| Hörschel           | 14.70    | 1:11:20    | 4:51         | 47          | 21:52       | 59        | 21:52        | 171.30        | 13:46:53   | 4:49         | 46       | 3:39:21     | 56        | 3:39:21      |