



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

SSV Erfurt 02 Frauen

Total time: 14:53:52

Number: 4

Speed: 11.48 km/h

Running performance: 5:13 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 128 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 4(of 12)

Frauenstaffel

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	1:39:37	5:47	5	25:01	198	38:12	17.20	1:39:37	5:47	4	20:46	218	37:50
Schildwiese	20.10	1:36:31	4:48	4	7:24	122	32:16	37.30	3:16:08	5:15	4	27:15	218	1:06:52
Neuhaus/ Gewerl	15.50	1:28:29	5:42	3	8:06	125	28:06	52.80	4:44:37	5:23	4	18:57	218	1:33:48
Triniusstein	21.60	1:56:05	5:22	5	24:19	160	42:01	74.40	6:40:42	5:23	4	43:16	218	2:14:05
Allzunah	15.00	1:16:22	5:05	4	9:38	148	28:04	89.40	7:57:04	5:20	4	52:54	218	2:42:09
Grenzadler	19.80	1:34:19	4:45	2	0:26	66	25:04	109.20	9:31:23	5:13	4	45:58	218	3:01:53
Nesselberg	13.80	1:13:50	5:21	5	9:25	128	25:12	123.00	10:45:13	5:14	4	54:12	218	3:26:45
Kleiner Inselsber	13.90	1:15:53	5:27	3	7:47	124	24:41	136.90	12:01:06	5:16	4	1:01:59	218	3:51:26
Hohe Sonne	19.70	1:37:58	4:58	4	11:42	116	32:14	156.60	13:39:04	5:13	4	1:05:26	218	4:21:00
Hörschel	14.70	1:14:48	5:05	3	7:31	78	25:20	171.30	14:53:52	5:13	4	1:12:57	128	4:46:20