



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Lauf-Allianz-Sondershausen

Total time: 12:06:51

Number: 50

Speed: 14.12 km/h

Running performance: 4:14 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 10 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 2(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	1:07:39	3:55	2	0:07	10	6:14	17.20	1:07:39	3:55	50		218	5:52
Schildwiese	20.10	1:19:00	3:55	5	5:53	14	14:45	37.30	2:26:39	3:55	50		218	17:23
Neuhaus/ Gewerl	15.50	1:22:58	5:21	19	18:17	83	22:35	52.80	3:49:37	4:20	50		218	38:48
Triniusstein	21.60	1:18:37	3:38	1	-	7	4:33	74.40	5:08:14	4:08	50		218	41:37
Allzunah	15.00	1:09:20	4:37	11	10:54	73	21:02	89.40	6:17:34	4:13	50		218	1:02:39
Grenzadler	19.80	1:18:57	3:59	4	4:54	11	9:42	109.20	7:36:31	4:10	50		218	1:07:01
Nesselberg	13.80	1:06:54	4:50	5	6:46	64	18:16	123.00	8:43:25	4:15	50		218	1:24:57
Kleiner Inselsber	13.90	1:06:11	4:45	4	10:20	47	14:59	136.90	9:49:36	4:18	50		218	1:39:56
Hohe Sonne	19.70	1:13:14	3:43	2	0:37	8	7:30	156.60	11:02:50	4:13	50		218	1:44:46
Hörschel	14.70	1:04:01	4:21	3	1:07	15	14:33	171.30	12:06:51	4:14	2	23:03	10	1:59:19