



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

sport frei...!!!

Number: 192

Course: 171.30 km
Blankenstein-Hörschel

Category:
Männerstaffel

Total time: 14:00:42

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course: 72 (of 217)

Best time in course: 10:07:32

Rank in category: 60(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	1:26:27	5:01	105	25:02	144	25:02	17.20	1:26:27	5:01	60	24:40	91	24:40
Schildwiese	20.10	1:33:10	4:38	70	28:55	99	28:55	37.30	2:59:37	4:48	60	50:21	91	50:21
Neuhaus/ Gewerl	15.50	1:20:08	5:10	57	19:45	68	19:45	52.80	4:19:45	4:55	60	1:08:56	91	1:08:56
Triniusstein	21.60	1:31:15	4:13	18	17:11	26	17:11	74.40	5:51:00	4:43	60	1:24:23	91	1:24:23
Allzunah	15.00	1:11:56	4:47	73	23:38	94	23:38	89.40	7:02:56	4:43	60	1:48:01	91	1:48:01
Grenzadler	19.80	1:37:56	4:56	66	28:41	99	28:41	109.20	8:40:52	4:46	60	2:11:22	91	2:11:22
Nesselberg	13.80	1:11:51	5:12	88	23:13	108	23:13	123.00	9:52:43	4:49	60	2:34:15	91	2:34:15
Kleiner Inselsber	13.90	1:12:06	5:11	76	20:54	91	20:54	136.90	11:04:49	4:51	60	2:55:09	91	2:55:09
Hohe Sonne	19.70	1:41:05	5:07	100	35:21	142	35:21	156.60	12:45:54	4:53	60	3:27:50	91	3:27:50
Hörschel	14.70	1:14:48	5:05	63	25:20	78	25:20	171.30	14:00:42	4:54	60	3:53:10	72	3:53:10