



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

Gü-We Läufer

Total time: 14:02:10

Number: 152

Speed: 12.18 km/h

Running performance: 4:55 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 74 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 62(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	1:25:15	4:57	98	23:50	134	23:50	17.20	1:25:15	4:57	62	23:28	93	23:28
Schildwiese	20.10	1:31:57	4:34	63	27:42	90	27:42	37.30	2:57:12	4:45	62	47:56	93	47:56
Neuhaus/ Gewerl	15.50	1:29:08	5:45	98	28:45	132	28:45	52.80	4:26:20	5:02	62	1:15:31	93	1:15:31
Triniusstein	21.60	1:55:37	5:21	109	41:33	155	41:33	74.40	6:21:57	5:08	62	1:55:20	93	1:55:20
Allzunah	15.00	1:15:44	5:02	102	27:26	135	27:26	89.40	7:37:41	5:07	62	2:22:46	93	2:22:46
Grenzadler	19.80	1:28:20	4:27	21	19:05	33	19:05	109.20	9:06:01	5:00	62	2:36:31	93	2:36:31
Nesselberg	13.80	1:05:39	4:45	43	17:01	48	17:01	123.00	10:11:40	4:58	62	2:53:12	93	2:53:12
Kleiner Inselsber	13.90	1:07:22	4:50	47	16:10	51	16:10	136.90	11:19:02	4:57	62	3:09:22	93	3:09:22
Hohe Sonne	19.70	1:29:58	4:34	39	24:14	55	24:14	156.60	12:49:00	4:54	62	3:30:56	93	3:30:56
Hörschel	14.70	1:13:10	4:58	56	23:42	69	23:42	171.30	14:02:10	4:54	62	3:54:38	74	3:54:38