



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

Detailed evaluation

Lauf-Allianz Sondershausen

Total time: 14:14:49

Number: 4

Speed: 12.00 km/h

Running performance: 5:00 min/km

Course: 171.10 km

Blankenstein-Hörschel

Rank in course: 55 (of 236)

Best time in course: 10:23:23

Category:

Rank in category: 3(of 15)

Frauenstaffel

Best time in the category: 12:49:50

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	17.50	1:35:42	5:28	6	24:08	167	33:08	17.50	1:35:42	5:28	3	24:08	237	33:08
Schildwiese	19.80	1:32:17	4:39	4	7:42	76	24:55	37.30	3:07:59	5:02	3	31:50	237	58:03
Neuhaus	16.50	1:25:25	5:10	3	12:41	86	26:22	53.80	4:33:24	5:04	3	39:28	237	1:19:37
Masserberg	18.10	1:28:22	4:52	2	10:57	71	31:42	71.90	6:01:46	5:01	3	50:25	237	1:43:34
Allzunah	17.20	1:32:47	5:23	2	6:32	81	27:24	89.10	7:34:33	5:06	3	56:57	237	2:10:58
Grenzadler	20.00	1:39:39	4:58	3	12:07	108	29:17	109.10	9:14:12	5:04	3	1:07:40	237	2:33:13
Neue Ausspanne	13.90	1:10:30	5:04	4	10:05	89	22:03	123.00	10:24:42	5:04	3	1:17:45	237	2:53:56
Kleiner Inselsber	14.00	1:07:25	4:48	2	1:40	48	17:37	137.00	11:32:07	5:03	3	1:19:25	237	3:10:50
Hohe Sonne	19.40	1:37:48	5:02	6	15:35	125	29:59	156.40	13:09:55	5:03	3	1:35:00	237	3:40:49
Hörschel	14.70	1:04:54	4:24	1	-	19	16:25	171.10	14:14:49	4:59	3	1:24:59	55	3:51:26