



# 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      |