



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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X-Runners

□□□: 11:29:38

□□: 110

□□: 14.90 km/h

□□□□: 4:02 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 6 (of 223)

□□□□□□: 9:57:53

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□□□□□: 6(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:09:25	4:02	16	10:12	19	10:12	17.20	1:09:25	4:02	6	10:12	10	10:12
Schildwiese	20.10	1:18:43	3:54	11	11:55	17	11:55	37.30	2:28:08	3:58	6	22:07	10	22:07
Neuhaus/ Gewerl	15.50	1:10:05	4:31	7	13:46	8	13:46	52.80	3:38:13	4:07	6	35:53	10	35:53
Masserberg	19.80	1:12:04	3:38	5	8:52	9	8:52	72.60	4:50:17	3:59	6	43:19	10	43:19
Allzunah	16.80	1:10:13	4:10	5	6:41	6	6:41	89.40	6:00:30	4:01	6	48:06	10	48:06
Grenzadler	19.80	1:20:15	4:03	6	8:25	10	9:13	109.20	7:20:45	4:02	6	56:31	10	56:31
Neue Ausspanne	13.80	56:20	4:04	10	9:04	10	9:04	123.00	8:17:05	4:02	6	1:05:35	10	1:05:35
Kleiner Inselsber	13.90	54:34	3:55	5	5:38	5	5:38	136.90	9:11:39	4:01	6	1:11:13	10	1:11:13
Hohe Sonne	19.70	1:18:41	3:59	12	9:33	18	9:33	156.60	10:30:20	4:01	6	1:20:46	10	1:20:46
Hörschel	14.70	59:18	4:02	8	10:59	8	10:59	171.30	11:29:38	4:01	6	1:31:45	6	1:31:45