



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

□□□□

Rhöner Knirpel Mix

□□□: 15:43:23

□□: 76

□□: 10.88 km/h

□□□□: 5:31 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 162 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 37(of 68)

Mixstaffel

□□□□□□□: 11:33:44

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:27:00 | 5:03 | 34 | 20:26 | 137 | 27:47 | 17.20 | 1:27:00 | 5:03 | 16 | | 224 | 27:47 |
| Schildwiese | 20.10 | 1:56:02 | 5:46 | 63 | 46:02 | 204 | 49:14 | 37.30 | 3:23:02 | 5:26 | 16 | 18:00 | 224 | 1:17:01 |
| Neuhaus/ Gewerl | 15.50 | 1:33:48 | 6:03 | 36 | 24:43 | 159 | 37:29 | 52.80 | 4:56:50 | 5:37 | 16 | 22:56 | 224 | 1:54:30 |
| Masserberg | 19.80 | 1:46:35 | 5:22 | 59 | 40:02 | 197 | 43:23 | 72.60 | 6:43:25 | 5:33 | 16 | 25:37 | 224 | 2:36:27 |
| Allzunah | 16.80 | 1:39:26 | 5:55 | 30 | 31:48 | 143 | 35:54 | 89.40 | 8:22:51 | 5:37 | 16 | 20:21 | 224 | 3:10:27 |
| Grenzadler | 19.80 | 1:49:31 | 5:31 | 46 | 38:29 | 164 | 38:29 | 109.20 | 10:12:22 | 5:36 | 16 | | 224 | 3:48:08 |
| Neue Ausspanne | 13.80 | 1:09:21 | 5:01 | 8 | 9:34 | 70 | 22:05 | 123.00 | 11:21:43 | 5:32 | 16 | | 223 | 4:10:13 |
| Kleiner Inselsber | 13.90 | 1:17:40 | 5:35 | 33 | 17:38 | 140 | 28:44 | 136.90 | 12:39:23 | 5:32 | 16 | | 222 | 4:38:57 |
| Hohe Sonne | 19.70 | 1:41:44 | 5:09 | 39 | 32:12 | 151 | 32:36 | 156.60 | 14:21:07 | 5:29 | 16 | | 222 | 5:11:33 |
| Hörschel | 14.70 | 1:22:16 | 5:35 | 29 | 19:14 | 132 | 33:57 | 171.30 | 15:43:23 | 5:30 | 37 | 4:09:39 | 162 | 5:45:30 |