



# 13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Die Kohlkopf Runners

□□□: 14:44:07

□□: 186

□□: 11.60 km/h

□□□□: 5:10 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 98 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 80(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:12:24	4:12	25	13:11	29	13:11	17.20	1:12:24	4:12	81	13:11	123	13:11
Schildwiese	20.10	1:33:23	4:38	70	26:35	96	26:35	37.30	2:45:47	4:26	81	39:46	123	39:46
Neuhaus/ Gewerl	15.50	1:18:09	5:02	36	21:50	44	21:50	52.80	4:03:56	4:37	81	1:01:36	123	1:01:36
Masserberg	19.80	1:25:02	4:17	54	21:50	70	21:50	72.60	5:28:58	4:31	81	1:22:00	123	1:22:00
Allzunah	16.80	1:39:06	5:53	107	35:34	140	35:34	89.40	7:08:04	4:47	81	1:55:40	123	1:55:40
Grenzadler	19.80	1:53:13	5:43	123	41:23	181	42:11	109.20	9:01:17	4:57	81	2:37:03	123	2:37:03
Neue Ausspanne	13.80	1:23:40	6:03	124	36:24	174	36:24	123.00	10:24:57	5:04	80	3:13:27	122	3:13:27
Kleiner Inselsber	13.90	1:06:17	4:46	28	17:21	35	17:21	136.90	11:31:14	5:02	80	3:30:48	122	3:30:48
Hohe Sonne	19.70	1:51:32	5:39	133	42:24	196	42:24	156.60	13:22:46	5:07	80	4:13:12	122	4:13:12
Hirschel	14.70	1:21:21	5:32	93	33:02	125	33:02	171.30	14:44:07	5:09	80	4:46:14	98	4:46:14