



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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... einfach laufen lassen!!!

□□: 33

Enduro E Bike

□□□□:

Männerstaffel

□□□: 14:47:53

□□: - km/h

□□□□: 5:11 min/km

□□□□□: 103 (of 223)

□□□□□□: 9:57:53

□□□□□: 84(of 142)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:26:43	5:02	100	27:30	133	27:30	17.20	1:26:43	5:02	85	27:30	130	27:30
Schildwiese	20.10	1:29:38	4:27	51	22:50	70	22:50	37.30	2:56:21	4:43	85	50:20	130	50:20
Neuhaus/ Gewerl	15.50	1:25:36	5:31	80	29:17	101	29:17	52.80	4:21:57	4:57	85	1:19:37	130	1:19:37
Masserberg	19.80	1:28:16	4:27	71	25:04	95	25:04	72.60	5:50:13	4:49	85	1:43:15	130	1:43:15
Allzunah	16.80	1:37:32	5:48	100	34:00	132	34:00	89.40	7:27:45	5:00	85	2:15:21	130	2:15:21
Grenzadler	19.80	1:30:31	4:34	31	18:41	40	19:29	109.20	8:58:16	4:55	85	2:34:02	130	2:34:02
Neue Ausspanne	13.80	1:17:37	5:37	106	30:21	142	30:21	123.00	10:15:53	5:00	84	3:04:23	129	3:04:23
Kleiner Inselsber	13.90	1:15:02	5:23	89	26:06	118	26:06	136.90	11:30:55	5:02	84	3:30:29	129	3:30:29
Hohe Sonne	19.70	1:42:38	5:12	110	33:30	157	33:30	156.60	13:13:33	5:04	84	4:03:59	129	4:03:59
Hörschel	14.70	1:34:20	6:25	130	46:01	196	46:01	-	14:47:53	-	84	4:50:00	103	4:50:00