



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

□□□□

weishaupt

□□□: 14:51:39

□□: 218

□□: 11.51 km/h
□□□□: 5:13 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 105 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 86(of 142)

Männerstaffel

□□□□□□□: 9:57:53

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:29:34	5:12	110	30:21	157	30:21	17.20	1:29:34	5:12	87	30:21	132	30:21
Schildwiese	20.10	1:45:39	5:15	116	38:51	170	38:51	37.30	3:15:13	5:14	87	1:09:12	132	1:09:12
Neuhaus/ Gewerl	15.50	1:29:59	5:48	101	33:40	131	33:40	52.80	4:45:12	5:24	87	1:42:52	132	1:42:52
Masserberg	19.80	1:24:54	4:17	52	21:42	68	21:42	72.60	6:10:06	5:05	87	2:03:08	132	2:03:08
Allzunah	16.80	1:34:32	5:37	87	31:00	114	31:00	89.40	7:44:38	5:11	87	2:32:14	132	2:32:14
Grenzdler	19.80	1:42:28	5:10	94	30:38	136	31:26	109.20	9:27:06	5:11	87	3:02:52	132	3:02:52
Neue Ausspanne	13.80	1:17:53	5:38	107	30:37	144	30:37	123.00	10:44:59	5:14	86	3:33:29	131	3:33:29
Kleiner Inselsber	13.90	1:19:33	5:43	107	30:37	151	30:37	136.90	12:04:32	5:17	86	4:04:06	131	4:04:06
Hohe Sonne	19.70	1:35:27	4:50	71	26:19	94	26:19	156.60	13:39:59	5:14	86	4:30:25	131	4:30:25
Hörschel	14.70	1:11:40	4:52	45	23:21	55	23:21	171.30	14:51:39	5:12	86	4:53:46	105	4:53:46