



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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SSV Erfurt 03 Frauen

□□□: 16:04:02

□□: 14

□□: 10.64 km/h

□□□□: 5:38 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 180 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 5(of 13)

Frauenstaffel

□□□□□□□: 13:39:23

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:31:46 | 5:20 | 7 | 18:12 | 177 | 32:33 | 17.20 | 1:31:46 | 5:20 | 5 | 18:12 | 224 | 32:33 |
| Schildwiese | 20.10 | 1:33:34 | 4:39 | 3 | 7:59 | 98 | 26:46 | 37.30 | 3:05:20 | 4:58 | 5 | 17:35 | 224 | 59:19 |
| Neuhaus/ Gewerl | 15.50 | 1:40:20 | 6:28 | 9 | 27:41 | 193 | 44:01 | 52.80 | 4:45:40 | 5:24 | 5 | 45:16 | 224 | 1:43:20 |
| Masserberg | 19.80 | 1:33:42 | 4:43 | 5 | 3:19 | 133 | 30:30 | 72.60 | 6:19:22 | 5:13 | 5 | 46:39 | 224 | 2:12:24 |
| Allzunah | 16.80 | 1:44:27 | 6:13 | 8 | 29:48 | 175 | 40:55 | 89.40 | 8:03:49 | 5:24 | 5 | 1:16:27 | 224 | 2:51:25 |
| Grenzadler | 19.80 | 2:02:22 | 6:10 | 10 | 24:29 | 203 | 51:20 | 109.20 | 10:06:11 | 5:33 | 5 | 1:38:28 | 224 | 3:41:57 |
| Neue Ausspanne | 13.80 | 1:20:21 | 5:49 | 7 | 12:59 | 156 | 33:05 | 123.00 | 11:26:32 | 5:34 | 5 | 1:50:05 | 223 | 4:15:02 |
| Kleiner Inselsber | 13.90 | 1:19:52 | 5:44 | 7 | 10:53 | 153 | 30:56 | 136.90 | 12:46:24 | 5:35 | 5 | 2:00:58 | 222 | 4:45:58 |
| Hohe Sonne | 19.70 | 1:58:07 | 5:59 | 10 | 25:57 | 208 | 48:59 | 156.60 | 14:44:31 | 5:38 | 5 | 2:15:44 | 222 | 5:34:57 |
| Hörschel | 14.70 | 1:19:31 | 5:24 | 5 | 8:55 | 113 | 31:12 | 171.30 | 16:04:02 | 5:37 | 5 | 2:24:39 | 180 | 6:06:09 |