



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Frauenwald Nord

□□□: 15:14:37

□□: 103

□□: 11.22 km/h
□□□□: 5:20 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 133 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 105(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:18:45 | 4:34 | 54 | 19:32 | 64 | 19:32 | 17.20 | 1:18:45 | 4:34 | 107 | 19:32 | 165 | 19:32 |
| Schildwiese | 20.10 | 1:50:55 | 5:31 | 129 | 44:07 | 196 | 44:07 | 37.30 | 3:09:40 | 5:05 | 107 | 1:03:39 | 165 | 1:03:39 |
| Neuhaus/ Gewerl | 15.50 | 1:49:13 | 7:02 | 139 | 52:54 | 214 | 52:54 | 52.80 | 4:58:53 | 5:39 | 107 | 1:56:33 | 165 | 1:56:33 |
| Masserberg | 19.80 | 1:42:44 | 5:11 | 124 | 39:32 | 187 | 39:32 | 72.60 | 6:41:37 | 5:31 | 107 | 2:34:39 | 165 | 2:34:39 |
| Allzunah | 16.80 | 1:40:04 | 5:57 | 112 | 36:32 | 148 | 36:32 | 89.40 | 8:21:41 | 5:36 | 107 | 3:09:17 | 165 | 3:09:17 |
| Grenzadler | 19.80 | 1:26:31 | 4:22 | 12 | 14:41 | 19 | 15:29 | 109.20 | 9:48:12 | 5:23 | 107 | 3:23:58 | 165 | 3:23:58 |
| Neue Ausspanne | 13.80 | 1:33:46 | 6:47 | 139 | 46:30 | 214 | 46:30 | 123.00 | 11:21:58 | 5:32 | 106 | 4:10:28 | 164 | 4:10:28 |
| Kleiner Inselsber | 13.90 | 1:13:14 | 5:16 | 77 | 24:18 | 99 | 24:18 | 136.90 | 12:35:12 | 5:30 | 106 | 4:34:46 | 164 | 4:34:46 |
| Hohe Sonne | 19.70 | 1:18:31 | 3:59 | 11 | 9:23 | 16 | 9:23 | 156.60 | 13:53:43 | 5:19 | 106 | 4:44:09 | 164 | 4:44:09 |
| Hörschel | 14.70 | 1:20:54 | 5:30 | 92 | 32:35 | 123 | 32:35 | 171.30 | 15:14:37 | 5:20 | 105 | 5:16:44 | 133 | 5:16:44 |