



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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REHA am Kreuz 2011

□□□: 16:31:55

□□: 82

□□: 10.34 km/h

□□□□: 5:47 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 199 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 135(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:15:20	4:22	37	16:07	47	16:07	17.20	1:15:20	4:22	143	16:07	224	16:07
Schildwiese	20.10	2:48:23	8:22	142	1:41:35	223	1:41:35	37.30	4:03:43	6:32	143	1:57:42	224	1:57:42
Neuhaus/ Gewerl	15.50	1:59:28	7:42	142	1:03:09	220	1:03:09	52.80	6:03:11	6:52	143	3:00:51	224	3:00:51
Masserberg	19.80	1:38:46	4:59	111	35:34	156	35:34	72.60	7:41:57	6:21	143	3:34:59	224	3:34:59
Allzunah	16.80	1:39:56	5:56	110	36:24	146	36:24	89.40	9:21:53	6:17	143	4:09:29	224	4:09:29
Grenzadler	19.80	1:52:02	5:39	119	40:12	176	41:00	109.20	11:13:55	6:10	143	4:49:41	224	4:49:41
Neue Ausspanne	13.80	1:09:50	5:03	64	22:34	74	22:34	123.00	12:23:45	6:02	142	5:12:15	223	5:12:15
Kleiner Inselsber	13.90	1:11:46	5:09	63	22:50	81	22:50	136.90	13:35:31	5:57	141	5:35:05	222	5:35:05
Hohe Sonne	19.70	1:24:50	4:18	26	15:42	35	15:42	156.60	15:00:21	5:44	141	5:50:47	222	5:50:47
Hirschel	14.70	1:31:34	6:13	127	43:15	184	43:15	171.30	16:31:55	5:47	135	6:34:02	199	6:34:02