13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

□□□□

coffee to go

□□□: 15:24:38

□□: 11.10 km/h

□□□□: 5:24 min/km

□□: 196

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 146 (of 223)

□□□□□□: 9:57:53

□□□□□: 114(of 142)

□□□□□□□: 9:57:53

□□□□:

Männerstaffel

□□□□ □□□□ □□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□[	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□[	□□ □□□
Grumbach	17.20	1:31:20	5:18	118	32:07	172	32:07	17.20	1:31:20	5:18	118	32:07	179	32:07
Schildwiese	20.10	1:27:00	4:19	38	20:12	54	20:12	37.30	2:58:20	4:46	118	52:19	179	52:19
Neuhaus/ Gewerl	15.50	1:32:35	5:58	116	36:16	150	36:16	52.80	4:30:55	5:07	118	1:28:35	179	1:28:35
Masserberg	19.80	1:37:42	4:56	107	34:30	152	34:30	72.60	6:08:37	5:04	118	2:01:39	179	2:01:39
Allzunah	16.80	1:24:59	5:03	40	21:27	48	21:27	89.40	7:33:36	5:04	118	2:21:12	179	2:21:12
Grenzadler	19.80	2:02:37	6:11	133	50:47	204	51:35	109.20	9:36:13	5:16	118	3:11:59	179	3:11:59
Neue Ausspanne	13.80	1:05:30	4:44	40	18:14	42	18:14	123.00	10:41:43	5:13	117	3:30:13	178	3:30:13
Kleiner Inselsber	13.90	1:22:54	5:57	119	33:58	173	33:58	136.90	12:04:37	5:17	117	4:04:11	178	4:04:11
Hohe Sonne	19.70	1:34:17	4:47	68	25:09	89	25:09	156.60	13:38:54	5:13	117	4:29:20	178	4:29:20
Hörschel	14.70	1:45:44	7:11	137	57:25	211	57:25	171.30	15:24:38	5:23	114	5:26:45	145	5:26:45