



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

□□□□

LTV Obereichsfeld Mix Blau

□□□: 15:57:19

□□: 138

□□: 10.72 km/h

□□□□: 5:35 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 172 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 126(of 142)

Männerstaffel

□□□□□□□: 9:57:53

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:28:10	5:07	106	28:57	149	28:57	17.20	1:28:10	5:07	131	28:57	202	28:57
Schildwiese	20.10	1:46:47	5:18	119	39:59	177	39:59	37.30	3:14:57	5:13	131	1:08:56	202	1:08:56
Neuhaus/ Gewerl	15.50	1:30:38	5:50	106	34:19	136	34:19	52.80	4:45:35	5:24	131	1:43:15	202	1:43:15
Masserberg	19.80	1:41:50	5:08	120	38:38	181	38:38	72.60	6:27:25	5:20	131	2:20:27	202	2:20:27
Allzunah	16.80	2:05:34	7:28	140	1:02:02	218	1:02:02	89.40	8:32:59	5:44	131	3:20:35	202	3:20:35
Grenzdler	19.80	1:36:30	4:52	59	24:40	78	25:28	109.20	10:09:29	5:34	131	3:45:15	202	3:45:15
Neue Ausspanne	13.80	1:12:13	5:13	83	24:57	100	24:57	123.00	11:21:42	5:32	130	4:10:12	201	4:10:12
Kleiner Inselsber	13.90	1:21:31	5:51	115	32:35	165	32:35	136.90	12:43:13	5:34	129	4:42:47	200	4:42:47
Hohe Sonne	19.70	1:29:33	4:32	42	20:25	54	20:25	156.60	14:12:46	5:26	129	5:03:12	200	5:03:12
Hirschel	14.70	1:44:33	7:06	135	56:14	209	56:14	171.30	15:57:19	5:35	126	5:59:26	172	5:59:26