



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

□□□□

Lauffreunde Eisenberg

□□□: 16:17:17

□□: 197

□□: 10.50 km/h
□□□□: 5:43 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 189 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 131(of 142)

Männerstaffel

□□□□□□□: 9:57:53

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:32:52 | 5:23 | 127 | 33:39 | 183 | 33:39 | 17.20 | 1:32:52 | 5:23 | 138 | 33:39 | 215 | 33:39 |
| Schildwiese | 20.10 | 1:50:20 | 5:29 | 128 | 43:32 | 194 | 43:32 | 37.30 | 3:23:12 | 5:26 | 138 | 1:17:11 | 215 | 1:17:11 |
| Neuhaus/ Gewerl | 15.50 | 1:34:39 | 6:06 | 120 | 38:20 | 165 | 38:20 | 52.80 | 4:57:51 | 5:38 | 138 | 1:55:31 | 215 | 1:55:31 |
| Masserberg | 19.80 | 1:31:16 | 4:36 | 89 | 28:04 | 121 | 28:04 | 72.60 | 6:29:07 | 5:21 | 138 | 2:22:09 | 215 | 2:22:09 |
| Allzunah | 16.80 | 1:37:23 | 5:47 | 97 | 33:51 | 129 | 33:51 | 89.40 | 8:06:30 | 5:26 | 138 | 2:54:06 | 215 | 2:54:06 |
| Grenzadler | 19.80 | 1:49:20 | 5:31 | 111 | 37:30 | 162 | 38:18 | 109.20 | 9:55:50 | 5:27 | 138 | 3:31:36 | 215 | 3:31:36 |
| Neue Ausspanne | 13.80 | 1:22:27 | 5:58 | 122 | 35:11 | 170 | 35:11 | 123.00 | 11:18:17 | 5:30 | 137 | 4:06:47 | 214 | 4:06:47 |
| Kleiner Inselsber | 13.90 | 1:24:54 | 6:06 | 126 | 35:58 | 184 | 35:58 | 136.90 | 12:43:11 | 5:34 | 136 | 4:42:45 | 213 | 4:42:45 |
| Hohe Sonne | 19.70 | 1:51:33 | 5:39 | 134 | 42:25 | 197 | 42:25 | 156.60 | 14:34:44 | 5:35 | 136 | 5:25:10 | 213 | 5:25:10 |
| Hörschel | 14.70 | 1:42:33 | 6:58 | 132 | 54:14 | 204 | 54:14 | 171.30 | 16:17:17 | 5:42 | 131 | 6:19:24 | 189 | 6:19:24 |