



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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ANNA KRAM

□□□: 16:47:19

□□: 172

□□: 10.19 km/h

□□□□: 5:53 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 209 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 139(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:49:12	6:20	140	49:59	219	49:59	17.20	1:49:12	6:20	139	49:59	216	49:59
Schildwiese	20.10	1:49:21	5:26	124	42:33	187	42:33	37.30	3:38:33	5:51	139	1:32:32	216	1:32:32
Neuhaus/ Gewerl	15.50	1:21:24	5:15	54	25:05	66	25:05	52.80	4:59:57	5:40	139	1:57:37	216	1:57:37
Masserberg	19.80	1:36:58	4:53	106	33:46	149	33:46	72.60	6:36:55	5:28	139	2:29:57	216	2:29:57
Allzunah	16.80	1:57:53	7:01	135	54:21	211	54:21	89.40	8:34:48	5:45	139	3:22:24	216	3:22:24
Grenzadler	19.80	1:54:31	5:47	126	42:41	188	43:29	109.20	10:29:19	5:45	139	4:05:05	216	4:05:05
Neue Ausspanne	13.80	1:28:43	6:25	134	41:27	199	41:27	123.00	11:58:02	5:50	138	4:46:32	215	4:46:32
Kleiner Inselsber	13.90	1:14:55	5:23	88	25:59	116	25:59	136.90	13:12:57	5:47	137	5:12:31	214	5:12:31
Hohe Sonne	19.70	1:50:57	5:37	132	41:49	193	41:49	156.60	15:03:54	5:46	137	5:54:20	214	5:54:20
Hörschel	14.70	1:43:25	7:02	133	55:06	206	55:06	171.30	16:47:19	5:52	139	6:49:26	209	6:49:26