



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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SNR

□□: 176

□□: 171.30 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 16:36:15

□□: 10.30 km/h

□□□□: 5:49 min/km

□□□□□: 204 (of 223)

□□□□□□: 9:57:53

□□□□□: 137(of 142)

□□□□□□□: 9:57:53

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|---------|--------|----------|------|-----|---------|-----|---------|
| Grumbach | 17.20 | 1:15:58 | 4:25 | 41 | 16:45 | 51 | 16:45 | 17.20 | 1:15:58 | 4:25 | 77 | 16:45 | 113 | 16:45 |
| Schildwiese | 20.10 | 1:25:54 | 4:16 | 32 | 19:06 | 46 | 19:06 | 37.30 | 2:41:52 | 4:20 | 140 | 35:51 | 218 | 35:51 |
| Neuhaus/ Gewerl | 15.50 | 1:42:37 | 6:37 | 134 | 46:18 | 200 | 46:18 | 52.80 | 4:24:29 | 5:00 | 140 | 1:22:09 | 218 | 1:22:09 |
| Masserberg | 19.80 | 1:51:55 | 5:39 | 133 | 48:43 | 209 | 48:43 | 72.60 | 6:16:24 | 5:11 | 140 | 2:09:26 | 218 | 2:09:26 |
| Allzunah | 16.80 | 1:44:34 | 6:13 | 127 | 41:02 | 177 | 41:02 | 89.40 | 8:00:58 | 5:22 | 140 | 2:48:34 | 218 | 2:48:34 |
| Grenzadler | 19.80 | 2:14:00 | 6:46 | 140 | 1:02:10 | 215 | 1:02:58 | 109.20 | 10:14:58 | 5:37 | 140 | 3:50:44 | 218 | 3:50:44 |
| Neue Ausspanne | 13.80 | 1:29:56 | 6:31 | 136 | 42:40 | 202 | 42:40 | 123.00 | 11:44:54 | 5:43 | 139 | 4:33:24 | 217 | 4:33:24 |
| Kleiner Inselsber | 13.90 | 1:24:15 | 6:03 | 124 | 35:19 | 181 | 35:19 | 136.90 | 13:09:09 | 5:45 | 138 | 5:08:43 | 216 | 5:08:43 |
| Hohe Sonne | 19.70 | 2:00:17 | 6:06 | 139 | 51:09 | 215 | 51:09 | 156.60 | 15:09:26 | 5:48 | 138 | 5:59:52 | 216 | 5:59:52 |
| Hörschel | 14.70 | 1:26:49 | 5:54 | 116 | 38:30 | 166 | 38:30 | 171.30 | 16:36:15 | 5:48 | 137 | 6:38:22 | 204 | 6:38:22 |