



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

□□□□

Trefffurter Sperrachen Männer

□□□: 12:42:23

□□: 223

□□: 13.46 km/h

□□□□: 4:27 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 17 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 12(of 142)

Männerstaffel

□□□□□□□: 9:57:53

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:13:26	4:16	29	14:13	35	14:13	17.20	1:13:26	4:16	12	14:13	22	14:13
Schildwiese	20.10	1:23:25	4:09	18	16:37	27	16:37	37.30	2:36:51	4:12	12	30:50	22	30:50
Neuhaus/ Gewerl	15.50	1:13:19	4:43	13	17:00	17	17:00	52.80	3:50:10	4:21	12	47:50	22	47:50
Masserberg	19.80	1:18:54	3:59	27	15:42	34	15:42	72.60	5:09:04	4:15	12	1:02:06	22	1:02:06
Allzunah	16.80	1:20:28	4:47	21	16:56	26	16:56	89.40	6:29:32	4:21	12	1:17:08	22	1:17:08
Grenzadler	19.80	1:41:21	5:07	86	29:31	126	30:19	109.20	8:10:53	4:29	12	1:46:39	22	1:46:39
Neue Ausspanne	13.80	1:00:56	4:24	23	13:40	25	13:40	123.00	9:11:49	4:29	12	2:00:19	22	2:00:19
Kleiner Inselsber	13.90	59:16	4:15	8	10:20	8	10:20	136.90	10:11:05	4:27	12	2:10:39	22	2:10:39
Hohe Sonne	19.70	1:26:06	4:22	32	16:58	42	16:58	156.60	11:37:11	4:27	12	2:27:37	22	2:27:37
Hörschel	14.70	1:05:12	4:26	19	16:53	23	16:53	171.30	12:42:23	4:27	12	2:44:30	17	2:44:30