



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

□□□□

Werratal Runners

□□□: 12:45:17

□□: 139

□□: 13.41 km/h
□□□□: 4:28 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 18 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 13(of 142)

Männerstaffel

□□□□□□□: 9:57:53

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:19:20	4:36	61	20:07	71	20:07	17.20	1:19:20	4:36	13	20:07	23	20:07
Schildwiese	20.10	1:27:54	4:22	44	21:06	61	21:06	37.30	2:47:14	4:29	13	41:13	23	41:13
Neuhaus/ Gewerl	15.50	1:16:05	4:54	24	19:46	30	19:46	52.80	4:03:19	4:36	13	1:00:59	23	1:00:59
Masserberg	19.80	1:17:00	3:53	17	13:48	24	13:48	72.60	5:20:19	4:24	13	1:13:21	23	1:13:21
Allzunah	16.80	1:22:56	4:56	27	19:24	34	19:24	89.40	6:43:15	4:30	13	1:30:51	23	1:30:51
Grenzdler	19.80	1:32:24	4:40	40	20:34	54	21:22	109.20	8:15:39	4:32	13	1:51:25	23	1:51:25
Neue Ausspanne	13.80	59:21	4:18	19	12:05	19	12:05	123.00	9:15:00	4:30	13	2:03:30	23	2:03:30
Kleiner Inselsber	13.90	1:09:08	4:58	47	20:12	58	20:12	136.90	10:24:08	4:33	13	2:23:42	23	2:23:42
Hohe Sonne	19.70	1:24:33	4:17	23	15:25	32	15:25	156.60	11:48:41	4:31	13	2:39:07	23	2:39:07
Hörschel	14.70	56:36	3:51	5	8:17	5	8:17	171.30	12:45:17	4:28	13	2:47:24	18	2:47:24