



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

□□□□

fit&run Irrläufer

□□□: 13:47:17

□□: 75

□□: - km/h
□□□□: 4:50 min/km

Enduro E Bike

□□□□□: 54 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 10(of 68)

Mixstaffel

□□□□□□□: 11:33:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:27:59	5:06	38	21:25	144	28:46	17.20	1:27:59	5:06	43		224	28:46
Schildwiese	20.10	1:26:17	4:17	14	16:17	49	19:29	37.30	2:54:16	4:40	43		224	48:15
Neuhaus/ Gewerl	15.50	1:20:12	5:10	7	11:07	54	23:53	52.80	4:14:28	4:49	43		224	1:12:08
Masserberg	19.80	1:27:49	4:26	22	21:16	91	24:37	72.60	5:42:17	4:42	43		224	1:35:19
Allzunah	16.80	1:22:04	4:53	5	14:26	30	18:32	89.40	7:04:21	4:44	43		224	1:51:57
Grenzdler	19.80	1:48:41	5:29	45	37:39	159	37:39	109.20	8:53:02	4:52	43		224	2:28:48
Neue Ausspanne	13.80	1:14:46	5:25	19	14:59	113	27:30	123.00	10:07:48	4:56	43		223	2:56:18
Kleiner Inselsber	13.90	1:00:02	4:19	1	-	10	11:06	136.90	11:07:50	4:52	43		222	3:07:24
Hohe Sonne	19.70	1:24:14	4:16	9	14:42	27	15:06	156.60	12:32:04	4:48	43		222	3:22:30
Hirschel	14.70	1:15:13	5:07	15	12:11	80	26:54	-	13:47:17	-	10	2:13:33	54	3:49:24