



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Gourmetschloss Sondershausen Laufteam 10:27:34

□□: 169

□□: 16.35 km/h
 □□□□: 3:40 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 3 (of 223)

□□□□□□: 9:57:53

□□□□:

Männerstaffel

□□□□□: 3(of 142)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	59:42	3:28	3	0:29	3	0:29	17.20	59:42	3:28	3	0:29	3	0:29
Schildwiese	20.10	1:07:43	3:22	2	0:55	2	0:55	37.30	2:07:25	3:24	3	1:24	3	1:24
Neuhaus/ Gewerl	15.50	1:00:34	3:54	2	4:15	2	4:15	52.80	3:07:59	3:33	3	5:39	3	5:39
Masserberg	19.80	1:08:01	3:26	4	4:49	6	4:49	72.60	4:16:00	3:31	3	9:02	3	9:02
Allzunah	16.80	1:07:38	4:01	4	4:06	4	4:06	89.40	5:23:38	3:37	3	11:14	3	11:14
Grenzadler	19.80	1:15:45	3:49	3	3:55	4	4:43	109.20	6:39:23	3:39	3	15:09	3	15:09
Neue Ausspanne	13.80	51:32	3:44	4	4:16	4	4:16	123.00	7:30:55	3:39	3	19:25	3	19:25
Kleiner Inselsber	13.90	50:22	3:37	2	1:26	2	1:26	136.90	8:21:17	3:39	3	20:51	3	20:51
Hohe Sonne	19.70	1:13:50	3:44	5	4:42	7	4:42	156.60	9:35:07	3:40	3	25:33	3	25:33
Hirschel	14.70	52:27	3:34	2	4:08	2	4:08	171.30	10:27:34	3:39	3	29:41	3	29:41