



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

□□□□

Rhönitzer 20-Füßler

□□□: 13:41:45

□□: 171

□□: 12.49 km/h

□□□□: 4:48 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 49 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 39(of 142)

Männerstaffel

□□□□□□□: 9:57:53

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:14:25	4:19	34	15:12	44	15:12	17.20	1:14:25	4:19	40	15:12	58	15:12
Schildwiese	20.10	1:30:10	4:29	53	23:22	75	23:22	37.30	2:44:35	4:24	40	38:34	58	38:34
Neuhaus/ Gewerl	15.50	1:31:58	5:56	112	35:39	145	35:39	52.80	4:16:33	4:51	40	1:14:13	58	1:14:13
Masserberg	19.80	1:25:17	4:18	57	22:05	73	22:05	72.60	5:41:50	4:42	40	1:34:52	58	1:34:52
Allzunah	16.80	1:30:08	5:21	71	26:36	88	26:36	89.40	7:11:58	4:49	40	1:59:34	58	1:59:34
Grenzdler	19.80	1:34:42	4:46	49	22:52	64	23:40	109.20	8:46:40	4:49	40	2:22:26	58	2:22:26
Neue Ausspanne	13.80	1:03:15	4:34	31	15:59	33	15:59	123.00	9:49:55	4:47	39	2:38:25	57	2:38:25
Kleiner Inselsber	13.90	1:08:15	4:54	40	19:19	49	19:19	136.90	10:58:10	4:48	39	2:57:44	57	2:57:44
Hohe Sonne	19.70	1:24:38	4:17	24	15:30	33	15:30	156.60	12:22:48	4:44	39	3:13:14	57	3:13:14
Hirschel	14.70	1:18:57	5:22	82	30:38	105	30:38	171.30	13:41:45	4:47	39	3:43:52	49	3:43:52