



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Gü-We Läufer

□□□: 13:47:15

□□: 194

□□: 12.40 km/h
□□□□: 4:50 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 53 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 43(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:25:49 | 4:59 | 95 | 26:36 | 123 | 26:36 | 17.20 | 1:25:49 | 4:59 | 44 | 26:36 | 63 | 26:36 |
| Schildwiese | 20.10 | 1:34:33 | 4:42 | 78 | 27:45 | 108 | 27:45 | 37.30 | 3:00:22 | 4:50 | 44 | 54:21 | 63 | 54:21 |
| Neuhaus/ Gewerl | 15.50 | 1:22:23 | 5:18 | 60 | 26:04 | 72 | 26:04 | 52.80 | 4:22:45 | 4:58 | 44 | 1:20:25 | 63 | 1:20:25 |
| Masserberg | 19.80 | 1:36:55 | 4:53 | 104 | 33:43 | 147 | 33:43 | 72.60 | 5:59:40 | 4:57 | 44 | 1:52:42 | 63 | 1:52:42 |
| Allzunah | 16.80 | 1:29:27 | 5:19 | 66 | 25:55 | 83 | 25:55 | 89.40 | 7:29:07 | 5:01 | 44 | 2:16:43 | 63 | 2:16:43 |
| Grenzdler | 19.80 | 1:26:54 | 4:23 | 16 | 15:04 | 24 | 15:52 | 109.20 | 8:56:01 | 4:54 | 44 | 2:31:47 | 63 | 2:31:47 |
| Neue Ausspanne | 13.80 | 1:05:15 | 4:43 | 39 | 17:59 | 41 | 17:59 | 123.00 | 10:01:16 | 4:53 | 43 | 2:49:46 | 62 | 2:49:46 |
| Kleiner Inselsber | 13.90 | 1:10:06 | 5:02 | 52 | 21:10 | 63 | 21:10 | 136.90 | 11:11:22 | 4:54 | 43 | 3:10:56 | 62 | 3:10:56 |
| Hohe Sonne | 19.70 | 1:24:52 | 4:18 | 27 | 15:44 | 36 | 15:44 | 156.60 | 12:36:14 | 4:49 | 43 | 3:26:40 | 62 | 3:26:40 |
| Hirschel | 14.70 | 1:11:01 | 4:49 | 39 | 22:42 | 49 | 22:42 | 171.30 | 13:47:15 | 4:49 | 43 | 3:49:22 | 53 | 3:49:22 |