



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

□□□□

Potsdam X-treme

□□□: 13:54:40

□□: 160

□□: 12.29 km/h

□□□□: 4:52 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 62 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 51(of 142)

Männerstaffel

□□□□□□□: 9:57:53

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:04:00	3:43	6	4:47	6	4:47	17.20	1:04:00	3:43	52	4:47	73	4:47
Schildwiese	20.10	1:39:40	4:57	95	32:52	136	32:52	37.30	2:43:40	4:23	52	37:39	73	37:39
Neuhaus/ Gewerl	15.50	1:27:04	5:37	87	30:45	110	30:45	52.80	4:10:44	4:44	52	1:08:24	73	1:08:24
Masserberg	19.80	1:23:28	4:12	45	20:16	58	20:16	72.60	5:34:12	4:36	52	1:27:14	73	1:27:14
Allzunah	16.80	1:40:48	6:00	117	37:16	157	37:16	89.40	7:15:00	4:51	52	2:02:36	73	2:02:36
Grenzadler	19.80	1:33:21	4:42	44	21:31	58	22:19	109.20	8:48:21	4:50	52	2:24:07	73	2:24:07
Neue Ausspanne	13.80	1:02:13	4:30	26	14:57	28	14:57	123.00	9:50:34	4:48	51	2:39:04	72	2:39:04
Kleiner Inselsber	13.90	1:16:51	5:31	95	27:55	131	27:55	136.90	11:07:25	4:52	51	3:06:59	72	3:06:59
Hohe Sonne	19.70	1:37:18	4:56	81	28:10	111	28:10	156.60	12:44:43	4:52	51	3:35:09	72	3:35:09
Hörschel	14.70	1:09:57	4:45	36	21:38	45	21:38	171.30	13:54:40	4:52	51	3:56:47	62	3:56:47