



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Sömmerdaer Gipfelstürmer

□□□: 14:01:14

□□: 114

□□: 12.20 km/h

□□□□: 4:55 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 68 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 57(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:25:33	4:58	94	26:20	121	26:20	17.20	1:25:33	4:58	58	26:20	81	26:20
Schildwiese	20.10	1:26:59	4:19	37	20:11	53	20:11	37.30	2:52:32	4:37	58	46:31	81	46:31
Neuhaus/ Gewerl	15.50	1:22:19	5:18	58	26:00	70	26:00	52.80	4:14:51	4:49	58	1:12:31	81	1:12:31
Masserberg	19.80	1:34:47	4:47	99	31:35	138	31:35	72.60	5:49:38	4:48	58	1:42:40	81	1:42:40
Allzunah	16.80	1:37:15	5:47	95	33:43	127	33:43	89.40	7:26:53	4:59	58	2:14:29	81	2:14:29
Grenzadler	19.80	1:40:21	5:04	80	28:31	113	29:19	109.20	9:07:14	5:00	58	2:43:00	81	2:43:00
Neue Ausspanne	13.80	1:01:31	4:27	25	14:15	27	14:15	123.00	10:08:45	4:56	57	2:57:15	80	2:57:15
Kleiner Inselsber	13.90	1:12:29	5:12	70	23:33	90	23:33	136.90	11:21:14	4:58	57	3:20:48	80	3:20:48
Hohe Sonne	19.70	1:25:48	4:21	29	16:40	39	16:40	156.60	12:47:02	4:53	57	3:37:28	80	3:37:28
Hörschel	14.70	1:14:12	5:02	56	25:53	70	25:53	171.30	14:01:14	4:54	57	4:03:21	68	4:03:21