



# 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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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| 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   |