



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

□□□□

Trefffurter Sperrachen Mix

□□□: 15:01:34

□□: 19

□□: 11.38 km/h

□□□□: 5:16 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 117 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 21(of 68)

Mixstaffel

□□□□□□□: 11:33:44

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:29:49	5:13	45	23:15	159	30:36	17.20	1:29:49	5:13	66	-	224	30:36
Schildwiese	20.10	1:28:16	4:23	17	18:16	64	21:28	37.30	2:58:05	4:46	66	-	224	52:04
Neuhaus/ Gewerl	15.50	1:23:26	5:22	15	14:21	83	27:07	52.80	4:21:31	4:57	66	-	224	1:19:11
Masserberg	19.80	1:39:55	5:02	46	33:22	165	36:43	72.60	6:01:26	4:58	66	-	224	1:54:28
Allzunah	16.80	1:44:44	6:14	44	37:06	179	41:12	89.40	7:46:10	5:12	66	-	224	2:33:46
Grenzadler	19.80	1:37:31	4:55	21	26:29	83	26:29	109.20	9:23:41	5:09	66	-	224	2:59:27
Neue Ausspanne	13.80	1:15:18	5:27	21	15:31	117	28:02	123.00	10:38:59	5:11	66	-	223	3:27:29
Kleiner Inselsber	13.90	1:20:03	5:45	39	20:01	154	31:07	136.90	11:59:02	5:15	66	-	222	3:58:36
Hohe Sonne	19.70	1:42:46	5:12	43	33:14	159	33:38	156.60	13:41:48	5:14	66	-	222	4:32:14
Hörschel	14.70	1:19:46	5:25	24	16:44	118	31:27	171.30	15:01:34	5:15	21	3:27:50	117	5:03:41