



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Rostock Aerospace Running Team □□□: 14:51:19

□□: 200 □□: 11.51 km/h
 □□□□: 5:13 min/km

□□: 171.10 km □□□□□: 95 (of 236)
 Blankenstein-Hörschel □□□□□□: 10:23:23

□□□□: □□□□□: 78(of 149)
 Männerstaffel □□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:28:54	5:04	86	26:20	116	26:20	17.50	1:28:54	5:04	80	26:20	116	26:20
Schildwiese	19.80	1:29:43	4:31	43	22:21	58	22:21	37.30	2:58:37	4:47	80	48:41	116	48:41
Neuhaus	16.50	1:18:49	4:46	36	19:46	43	19:46	53.80	4:17:26	4:47	80	1:03:39	116	1:03:39
Masserberg	18.10	1:31:00	5:01	66	34:20	91	34:20	71.90	5:48:26	4:50	80	1:30:14	116	1:30:14
Allzunah	17.20	1:28:57	5:10	40	23:34	51	23:34	89.10	7:17:23	4:54	80	1:53:48	116	1:53:48
Grenzadler	20.00	1:41:11	5:03	89	30:49	119	30:49	109.10	8:58:34	4:56	80	2:17:35	116	2:17:35
Neue Ausspanne	13.90	1:08:26	4:55	64	19:59	71	19:59	123.00	10:07:00	4:56	80	2:36:14	116	2:36:14
Kleiner Inselsber	14.00	1:29:16	6:22	138	39:28	202	39:28	137.00	11:36:16	5:04	80	3:14:59	116	3:14:59
Hohe Sonne	19.40	1:52:56	5:49	140	45:07	216	45:07	156.40	13:29:12	5:10	80	4:00:06	116	4:00:06
Hörschel	14.70	1:22:07	5:35	98	33:38	135	33:38	171.10	14:51:19	5:12	79	4:27:56	96	4:27:56