



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

□□□□

Wilde Fünfziger fit&run Weimar

□□□: 14:53:26

□□: 165

□□: 11.48 km/h

□□□□: 5:13 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 97 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 80(of 149)

Männerstaffel

□□□□□□□: 10:23:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.50	1:22:28	4:42	48	19:54	62	19:54	17.50	1:22:28	4:42	24	19:54	38	19:54
Schildwiese	19.80	1:36:51	4:53	74	29:29	107	29:29	37.30	2:59:19	4:48	82	49:23	119	49:23
Neuhaus	16.50	1:45:38	6:24	141	46:35	209	46:35	53.80	4:44:57	5:17	82	1:31:10	119	1:31:10
Masserberg	18.10	1:21:25	4:29	22	24:45	33	24:45	71.90	6:06:22	5:05	82	1:48:10	119	1:48:10
Allzunah	17.20	1:31:36	5:19	59	26:13	72	26:13	89.10	7:37:58	5:08	82	2:14:23	119	2:14:23
Grenzdler	20.00	1:30:56	4:32	36	20:34	49	20:34	109.10	9:08:54	5:01	82	2:27:55	119	2:27:55
Neue Ausspanne	13.90	1:15:55	5:27	111	27:28	135	27:28	123.00	10:24:49	5:04	82	2:54:03	119	2:54:03
Kleiner Inselsber	14.00	1:28:17	6:18	133	38:29	194	38:29	137.00	11:53:06	5:12	82	3:31:49	119	3:31:49
Hohe Sonne	19.40	1:35:05	4:54	78	27:16	104	27:16	156.40	13:28:11	5:10	82	3:59:05	119	3:59:05
Hörschel	14.70	1:25:15	5:47	112	36:46	160	36:46	171.10	14:53:26	5:13	81	4:30:03	98	4:30:03