



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Running Team Köstritzer

□□□: 14:58:57

□□: 101

□□: 11.41 km/h  
□□□□: 5:15 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 103 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 84(of 149)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.50	1:37:14	5:33	123	34:40	180	34:40	17.50	1:37:14	5:33	86	34:40	125	34:40
Schildwiese	19.80	1:25:54	4:20	25	18:32	33	18:32	37.30	3:03:08	4:54	86	53:12	125	53:12
Neuhaus	16.50	1:28:57	5:23	85	29:54	110	29:54	53.80	4:32:05	5:03	86	1:18:18	125	1:18:18
Masserberg	18.10	1:26:48	4:47	49	30:08	64	30:08	71.90	5:58:53	4:59	86	1:40:41	125	1:40:41
Allzunah	17.20	1:37:14	5:39	84	31:51	102	31:51	89.10	7:36:07	5:07	86	2:12:32	125	2:12:32
Grenzdler	20.00	1:49:07	5:27	120	38:45	167	38:45	109.10	9:25:14	5:10	86	2:44:15	125	2:44:15
Neue Ausspanne	13.90	1:07:13	4:50	55	18:46	61	18:46	123.00	10:32:27	5:08	86	3:01:41	125	3:01:41
Kleiner Inselsber	14.00	1:20:36	5:45	105	30:48	144	30:48	137.00	11:53:03	5:12	86	3:31:46	125	3:31:46
Hohe Sonne	19.40	1:36:55	4:59	87	29:06	121	29:06	156.40	13:29:58	5:10	86	4:00:52	125	4:00:52
Hörschel	14.70	1:28:59	6:03	120	40:30	177	40:30	171.10	14:58:57	5:15	85	4:35:34	104	4:35:34