



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Erbstromtaler Schmalwaden

□□□: 14:59:26

□□: 235

□□: 11.41 km/h

□□□□: 5:16 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 104 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 85(of 149)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.50	1:33:17	5:19	108	30:43	152	30:43	17.50	1:33:17	5:19	87	30:43	126	30:43
Schildwiese	19.80	1:36:50	4:53	73	29:28	106	29:28	37.30	3:10:07	5:05	87	1:00:11	126	1:00:11
Neuhaus	16.50	1:26:01	5:12	72	26:58	91	26:58	53.80	4:36:08	5:07	87	1:22:21	126	1:22:21
Masserberg	18.10	1:40:08	5:31	116	43:28	162	43:28	71.90	6:16:16	5:13	87	1:58:04	126	1:58:04
Allzunah	17.20	1:43:44	6:01	105	38:21	136	38:21	89.10	8:00:00	5:23	87	2:36:25	126	2:36:25
Grenzadler	20.00	1:47:12	5:21	113	36:50	155	36:50	109.10	9:47:12	5:22	87	3:06:13	126	3:06:13
Neue Ausspanne	13.90	1:07:42	4:52	59	19:15	65	19:15	123.00	10:54:54	5:19	87	3:24:08	126	3:24:08
Kleiner Inselsber	14.00	1:18:09	5:34	93	28:21	123	28:21	137.00	12:13:03	5:21	87	3:51:46	126	3:51:46
Hohe Sonne	19.40	1:29:35	4:37	51	21:46	64	21:46	156.40	13:42:38	5:15	87	4:13:32	126	4:13:32
Hörschel	14.70	1:16:48	5:13	76	28:19	95	28:19	171.10	14:59:26	5:15	86	4:36:03	105	4:36:03