



14. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 16.06.2012

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Rhöner Knirpel Mix

□□□: 16:51:56

□□: 49

□□: 10.14 km/h

□□□□: 5:55 min/km

□□: 171.10 km

Blankenstein-Hirschel

□□□□□: 209 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 58(of 72)

Mixstaffel

□□□□□□□: 11:49:57

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.50 | 1:36:18 | 5:30 | 50 | 28:06 | 174 | 33:44 | 17.50 | 1:36:18 | 5:30 | 33 | 0:04 | 237 | 33:44 |
| Schildwiese | 19.80 | 1:52:39 | 5:41 | 61 | 37:58 | 200 | 45:17 | 37.30 | 3:28:57 | 5:36 | 33 | | 237 | 1:19:01 |
| Neuhaus | 16.50 | 1:41:58 | 6:10 | 50 | 32:04 | 195 | 42:55 | 53.80 | 5:10:55 | 5:46 | 33 | | 237 | 1:57:08 |
| Masserberg | 18.10 | 1:46:55 | 5:54 | 56 | 38:24 | 193 | 50:15 | 71.90 | 6:57:50 | 5:48 | 33 | | 237 | 2:39:38 |
| Allzunah | 17.20 | 1:51:44 | 6:29 | 44 | 41:42 | 187 | 46:21 | 89.10 | 8:49:34 | 5:56 | 33 | | 237 | 3:25:59 |
| Grenzadler | 20.00 | 1:58:19 | 5:54 | 55 | 46:46 | 199 | 47:57 | 109.10 | 10:47:53 | 5:56 | 33 | | 237 | 4:06:54 |
| Neue Ausspanne | 13.90 | 1:24:56 | 6:06 | 49 | 23:37 | 192 | 36:29 | 123.00 | 12:12:49 | 5:57 | 33 | | 237 | 4:42:03 |
| Kleiner Inselsber | 14.00 | 1:00:11 | 4:17 | 2 | 2:12 | 15 | 10:23 | 137.00 | 13:13:00 | 5:47 | 33 | | 237 | 4:51:43 |
| Hohe Sonne | 19.40 | 1:59:04 | 6:08 | 68 | 48:18 | 229 | 51:15 | 156.40 | 15:12:04 | 5:49 | 33 | | 237 | 5:42:58 |
| Hirschel | 14.70 | 1:39:52 | 6:47 | 63 | 35:49 | 218 | 51:23 | 171.10 | 16:51:56 | 5:54 | 59 | 5:01:59 | 211 | 6:28:33 |