



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

□□□□

GoetheLadys

□□□: 17:46:58

□□: 10

□□: 9.62 km/h

□□□□: 6:14 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 228 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 14(of 15)

Frauenstaffel

□□□□□□□: 12:49:50

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:51:59	6:23	14	40:25	224	49:25	17.50	1:51:59	6:23	11	40:25	237	49:25
Schildwiese	19.80	2:07:57	6:27	14	43:22	230	1:00:35	37.30	3:59:56	6:25	11	1:23:47	237	1:50:00
Neuhaus	16.50	1:33:10	5:38	8	20:26	138	34:07	53.80	5:33:06	6:11	11	1:39:10	237	2:19:19
Masserberg	18.10	1:49:25	6:02	9	32:00	201	52:45	71.90	7:22:31	6:09	11	2:11:10	237	3:04:19
Allzunah	17.20	1:44:43	6:05	8	18:28	145	39:20	89.10	9:07:14	6:08	11	2:29:38	237	3:43:39
Grenzadler	20.00	2:36:14	7:48	15	1:08:42	235	1:25:52	109.10	11:43:28	6:26	11	3:36:56	237	5:02:29
Neue Ausspanne	13.90	1:28:23	6:21	12	27:58	207	39:56	123.00	13:11:51	6:26	11	4:04:54	237	5:41:05
Kleiner Inselsber	14.00	1:20:21	5:44	9	14:36	138	30:33	137.00	14:32:12	6:21	11	4:19:30	237	6:10:55
Hohe Sonne	19.40	1:50:50	5:42	13	28:37	209	43:01	156.40	16:23:02	6:17	11	4:48:07	237	6:53:56
Hörschel	14.70	1:23:56	5:42	9	19:02	154	35:27	171.10	17:46:58	6:14	14	4:57:08	230	7:23:35