



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Wadenkrampf Berlin

□□□: 16:08:08

□□: 177

□□: 10.60 km/h
□□□□: 5:40 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 171 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 129(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|-----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.50 | 1:29:34 | 5:07 | 87 | 27:00 | 119 | 27:00 | 17.50 | 1:29:34 | 5:07 | 140 | 27:00 | 215 | 27:00 |
| Schildwiese | 19.80 | 1:46:13 | 5:21 | 112 | 38:51 | 169 | 38:51 | 37.30 | 3:15:47 | 5:14 | 140 | 1:05:51 | 215 | 1:05:51 |
| Neuhaus | 16.50 | 1:25:50 | 5:12 | 71 | 26:47 | 90 | 26:47 | 53.80 | 4:41:37 | 5:14 | 140 | 1:27:50 | 215 | 1:27:50 |
| Masserberg | 18.10 | 1:31:01 | 5:01 | 67 | 34:21 | 92 | 34:21 | 71.90 | 6:12:38 | 5:10 | 140 | 1:54:26 | 215 | 1:54:26 |
| Allzunah | 17.20 | 1:54:11 | 6:38 | 135 | 48:48 | 197 | 48:48 | 89.10 | 8:06:49 | 5:27 | 140 | 2:43:14 | 215 | 2:43:14 |
| Grenzdler | 20.00 | 1:50:20 | 5:30 | 127 | 39:58 | 177 | 39:58 | 109.10 | 9:57:09 | 5:28 | 140 | 3:16:10 | 215 | 3:16:10 |
| Neue Ausspanne | 13.90 | 1:23:02 | 5:58 | 128 | 34:35 | 181 | 34:35 | 123.00 | 11:20:11 | 5:31 | 140 | 3:49:25 | 215 | 3:49:25 |
| Kleiner Inselsber | 14.00 | 1:15:06 | 5:21 | 77 | 25:18 | 100 | 25:18 | 137.00 | 12:35:17 | 5:30 | 140 | 4:14:00 | 215 | 4:14:00 |
| Hohe Sonne | 19.40 | 1:52:02 | 5:46 | 137 | 44:13 | 213 | 44:13 | 156.40 | 14:27:19 | 5:32 | 140 | 4:58:13 | 215 | 4:58:13 |
| Hörschel | 14.70 | 1:40:49 | 6:51 | 143 | 52:20 | 221 | 52:20 | 171.10 | 16:08:08 | 5:39 | 130 | 5:44:45 | 173 | 5:44:45 |