



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Uschis Rennmäuse

□□□: 17:12:23

□□: 89

□□: 9.94 km/h  
□□□□: 6:02 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 221 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 65(of 72)

Mixstaffel

□□□□□□□: 11:49:57

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| □□□               | □□    | □□      | □□     | □□ | □□    | □□  | □□    | □□□    | □□□      | □□□    | □□ | □□      | □□  | □□      |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
|                   | km    | □□      | min/km | -  | -     | □□□ | □□□   | km     | □□       | min/km | -  | -       | □□□ | □□□     |
| Grumbach          | 17.50 | 1:46:29 | 6:05   | 62 | 38:17 | 214 | 43:55 | 17.50  | 1:46:29  | 6:05   | 25 | 10:15   | 237 | 43:55   |
| Schildwiese       | 19.80 | 2:05:50 | 6:21   | 70 | 51:09 | 227 | 58:28 | 37.30  | 3:52:19  | 6:13   | 25 | 9:04    | 237 | 1:42:23 |
| Neuhaus           | 16.50 | 1:39:06 | 6:00   | 43 | 29:12 | 179 | 40:03 | 53.80  | 5:31:25  | 6:09   | 25 | 3:43    | 237 | 2:17:38 |
| Masserberg        | 18.10 | 1:34:22 | 5:12   | 27 | 25:51 | 125 | 37:42 | 71.90  | 7:05:47  | 5:55   | 25 | 7:12    | 237 | 2:47:35 |
| Allzunah          | 17.20 | 2:00:59 | 7:02   | 61 | 50:57 | 217 | 55:36 | 89.10  | 9:06:46  | 6:08   | 25 | 3:20    | 237 | 3:43:11 |
| Grenzdler         | 20.00 | 1:54:47 | 5:44   | 51 | 43:14 | 190 | 44:25 | 109.10 | 11:01:33 | 6:03   | 25 |         | 237 | 4:20:34 |
| Neue Ausspanne    | 13.90 | 1:23:36 | 6:00   | 45 | 22:17 | 183 | 35:09 | 123.00 | 12:25:09 | 6:03   | 25 |         | 237 | 4:54:23 |
| Kleiner Inselsber | 14.00 | 1:16:26 | 5:27   | 22 | 18:27 | 113 | 26:38 | 137.00 | 13:41:35 | 5:59   | 25 |         | 237 | 5:20:18 |
| Hohe Sonne        | 19.40 | 1:43:23 | 5:19   | 48 | 32:37 | 170 | 35:34 | 156.40 | 15:24:58 | 5:54   | 25 |         | 237 | 5:55:52 |
| Hörschel          | 14.70 | 1:47:25 | 7:18   | 67 | 43:22 | 228 | 58:56 | 171.10 | 17:12:23 | 6:02   | 66 | 5:22:26 | 223 | 6:49:00 |