



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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X-FAB/Melexis Running Ladies

□□□: 17:46:44

□□: 5

□□: 9.62 km/h

□□□□: 6:14 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 227 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 13(of 15)

Frauenstaffel

□□□□□□□: 12:49:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	2:01:05	6:55	15	49:31	232	58:31	17.50	2:01:05	6:55	14	49:31	237	58:31
Schildwiese	19.80	1:43:47	5:14	7	19:12	157	36:25	37.30	3:44:52	6:01	14	1:08:43	237	1:34:56
Neuhaus	16.50	1:28:53	5:23	6	16:09	108	29:50	53.80	5:13:45	5:49	14	1:19:49	237	1:59:58
Masserberg	18.10	1:56:54	6:27	14	39:29	223	1:00:14	71.90	7:10:39	5:59	14	1:59:18	237	2:52:27
Allzunah	17.20	1:53:38	6:36	12	27:23	194	48:15	89.10	9:04:17	6:06	14	2:26:41	237	3:40:42
Grenzdler	20.00	2:05:30	6:16	13	37:58	221	55:08	109.10	11:09:47	6:08	14	3:03:15	237	4:28:48
Neue Ausspanne	13.90	1:30:12	6:29	13	29:47	212	41:45	123.00	12:39:59	6:10	14	3:33:02	237	5:09:13
Kleiner Inselsber	14.00	1:36:28	6:53	14	30:43	224	46:40	137.00	14:16:27	6:15	14	4:03:45	237	5:55:10
Hohe Sonne	19.40	1:51:14	5:44	14	29:01	210	43:25	156.40	16:07:41	6:11	14	4:32:46	237	6:38:35
Hörschel	14.70	1:39:03	6:44	14	34:09	214	50:34	171.10	17:46:44	6:14	13	4:56:54	229	7:23:21