



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Go For Golf

□□: 73

□□: 171.10 km

Blankenstein-Hörschel

□□□□:

Mixstaffel

□□□: 17:38:57

□□: 9.69 km/h

□□□□: 6:11 min/km

□□□□□: 226 (of 236)

□□□□□□: 10:23:23

□□□□□: 68(of 72)

□□□□□□□: 11:49:57

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□□□□

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.50	1:28:23	5:03	25	20:11	112	25:49	17.50	1:28:23	5:03	21		237	25:49
Schildwiese	19.80	1:45:49	5:20	50	31:08	167	38:27	37.30	3:14:12	5:12	21		237	1:04:16
Neuhaus	16.50	1:50:42	6:42	60	40:48	220	51:39	53.80	5:04:54	5:40	21		237	1:51:07
Masserberg	18.10	1:55:13	6:21	66	46:42	217	58:33	71.90	7:00:07	5:50	21	1:32	237	2:41:55
Allzunah	17.20	1:54:12	6:38	50	44:10	198	48:49	89.10	8:54:19	5:59	21		237	3:30:44
Grenzdler	20.00	1:39:31	4:58	23	27:58	106	29:09	109.10	10:33:50	5:48	21		237	3:52:51
Neue Ausspanne	13.90	1:26:46	6:14	54	25:27	200	38:19	123.00	12:00:36	5:51	21		237	4:29:50
Kleiner Inselsber	14.00	2:01:13	8:39	72	1:03:14	236	1:11:25	137.00	14:01:49	6:08	21	7:03	237	5:40:32
Hohe Sonne	19.40	1:39:14	5:06	34	28:28	137	31:25	156.40	15:41:03	6:01	21	13:23	237	6:11:57
Hörschel	14.70	1:57:54	8:01	71	53:51	235	1:09:25	171.10	17:38:57	6:11	69	5:49:00	228	7:15:34