



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

□□□□

Spaß und sonst nichts

□□□: 18:36:16

□□: 7

□□: 9.19 km/h

□□□□: 6:31 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 231 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 15(of 15)

Frauenstaffel

□□□□□□□: 12:49:50

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.50	1:37:54	5:35	8	26:20	187	35:20	17.50	1:37:54	5:35	15	26:20	237	35:20
Schildwiese	19.80	2:01:22	6:07	13	36:47	224	54:00	37.30	3:39:16	5:52	15	1:03:07	237	1:29:20
Neuhaus	16.50	1:43:09	6:15	13	30:25	198	44:06	53.80	5:22:25	5:59	15	1:28:29	237	2:08:38
Masserberg	18.10	2:09:42	7:09	15	52:17	232	1:13:02	71.90	7:32:07	6:17	15	2:20:46	237	3:13:55
Allzunah	17.20	2:02:35	7:07	15	36:20	223	57:12	89.10	9:34:42	6:27	15	2:57:06	237	4:11:07
Grenzadler	20.00	2:04:08	6:12	12	36:36	218	53:46	109.10	11:38:50	6:24	15	3:32:18	237	4:57:51
Neue Ausspanne	13.90	1:34:36	6:48	14	34:11	223	46:09	123.00	13:13:26	6:27	15	4:06:29	237	5:42:40
Kleiner Inselsber	14.00	1:40:22	7:10	15	34:37	231	50:34	137.00	14:53:48	6:31	15	4:41:06	237	6:32:31
Hohe Sonne	19.40	1:57:24	6:03	15	35:11	225	49:35	156.40	16:51:12	6:27	15	5:16:17	237	7:22:06
Hörschel	14.70	1:45:04	7:08	15	40:10	227	56:35	171.10	18:36:16	6:31	15	5:46:26	233	8:12:53