



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Die „Dabei sein ist alles - Staffel“

□□□: 20:33:15

□□: 78

□□: 8.32 km/h

□□□□: 7:13 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 234 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 71(of 72)

Mixstaffel

□□□□□□□: 11:49:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	2:14:52	7:42	72	1:06:40	236	1:12:18	17.50	2:14:52	7:42	20	38:38	237	1:12:18
Schildwiese	19.80	2:01:25	6:07	68	46:44	225	54:03	37.30	4:16:17	6:52	20	33:02	237	2:06:21
Neuhaus	16.50	1:56:06	7:02	65	46:12	229	57:03	53.80	6:12:23	6:55	20	44:41	237	2:58:36
Masserberg	18.10	2:15:54	7:30	72	1:07:23	235	1:19:14	71.90	8:28:17	7:04	20	1:29:42	237	4:10:05
Allzunah	17.20	2:12:22	7:41	71	1:02:20	235	1:06:59	89.10	10:40:39	7:11	20	1:37:13	237	5:17:04
Grenzdler	20.00	2:37:41	7:53	72	1:26:08	236	1:27:19	109.10	13:18:20	7:19	20	2:04:50	237	6:37:21
Neue Ausspanne	13.90	1:36:28	6:56	65	35:09	226	48:01	123.00	14:54:48	7:16	20	2:24:29	237	7:24:02
Kleiner Inselsber	14.00	1:27:16	6:14	48	29:17	190	37:28	137.00	16:22:04	7:10	20	2:27:18	237	8:00:47
Hohe Sonne	19.40	2:00:27	6:12	69	49:41	230	52:38	156.40	18:22:31	7:02	20	2:54:51	237	8:53:25
Hörschel	14.70	2:10:44	8:53	72	1:06:41	236	1:22:15	171.10	20:33:15	7:12	72	8:43:18	236	10:09:52