



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

□□□□

Trefffurter Sperrachen Männer

□□□: 13:08:34

□□: 119

□□: 13.01 km/h
□□□□: 4:37 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 25 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 20(of 149)

Männerstaffel

□□□□□□: 10:23:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:19:42	4:33	35	17:08	46	17:08	17.50	1:19:42	4:33	20	17:08	30	17:08
Schildwiese	19.80	1:27:25	4:24	29	20:03	38	20:03	37.30	2:47:07	4:28	20	37:11	30	37:11
Neuhaus	16.50	1:16:33	4:38	27	17:30	32	17:30	53.80	4:03:40	4:31	20	49:53	30	49:53
Masserberg	18.10	1:22:01	4:31	26	25:21	37	25:21	71.90	5:25:41	4:31	20	1:07:29	30	1:07:29
Allzunah	17.20	1:22:14	4:46	18	16:51	23	16:51	89.10	6:47:55	4:34	20	1:24:20	30	1:24:20
Grenzadler	20.00	1:31:22	4:34	39	21:00	52	21:00	109.10	8:19:17	4:34	20	1:38:18	30	1:38:18
Neue Ausspanne	13.90	1:11:52	5:10	89	23:25	103	23:25	123.00	9:31:09	4:38	20	2:00:23	30	2:00:23
Kleiner Inselsber	14.00	1:03:50	4:33	23	14:02	28	14:02	137.00	10:34:59	4:38	20	2:13:42	30	2:13:42
Hohe Sonne	19.40	1:22:49	4:16	17	15:00	24	15:00	156.40	11:57:48	4:35	20	2:28:42	30	2:28:42
Hörschel	14.70	1:10:46	4:48	44	22:17	52	22:17	171.10	13:08:34	4:36	20	2:45:11	25	2:45:11