



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

XXXX

XFAB/Melexis Running Chips

XXX: 13:30:03

XX: 127

XX: 12.67 km/h

XXXX: 4:44 min/km

XX: 171.10 km

Blankenstein-Hörschel

XXXXX: 31 (of 236)

XXXXXX: 10:23:23

XXXX:

XXXXX: 25(of 149)

Männerstaffel

XXXXXXX: 10:23:23

XXXX

XXXX

XX

XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX
	km	XX min/km	-	-	XX	XX		km	XX min/km	-	-	XX	XX	
Grumbach	17.50	1:18:10	4:28	29	15:36	38	15:36	17.50	1:18:10	4:28	25	15:36	39	15:36
Schildwiese	19.80	1:24:32	4:16	22	17:10	29	17:10	37.30	2:42:42	4:21	25	32:46	39	32:46
Neuhaus	16.50	1:28:24	5:21	81	29:21	104	29:21	53.80	4:11:06	4:40	25	57:19	39	57:19
Masserberg	18.10	1:24:45	4:40	40	28:05	53	28:05	71.90	5:35:51	4:40	25	1:17:39	39	1:17:39
Allzunah	17.20	1:14:05	4:18	5	8:42	7	8:42	89.10	6:49:56	4:36	25	1:26:21	39	1:26:21
Grenzdler	20.00	1:42:14	5:06	90	31:52	124	31:52	109.10	8:32:10	4:41	25	1:51:11	39	1:51:11
Neue Ausspanne	13.90	59:25	4:16	17	10:58	17	10:58	123.00	9:31:35	4:38	25	2:00:49	39	2:00:49
Kleiner Inselsber	14.00	1:13:08	5:13	64	23:20	84	23:20	137.00	10:44:43	4:42	25	2:23:26	39	2:23:26
Hohe Sonne	19.40	1:27:51	4:31	39	20:02	50	20:02	156.40	12:12:34	4:41	25	2:43:28	39	2:43:28
Hörschel	14.70	1:17:29	5:16	79	29:00	99	29:00	171.10	13:30:03	4:44	25	3:06:40	31	3:06:40