



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Sömmerdaer Gipfelstürmer

□□□: 13:37:45

□□: 157

□□: 12.55 km/h

□□□□: 4:47 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 35 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 28(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:27:09	4:58	75	24:35	98	24:35	17.50	1:27:09	4:58	28	24:35	44	24:35
Schildwiese	19.80	1:32:57	4:41	59	25:35	80	25:35	37.30	3:00:06	4:49	28	50:10	44	50:10
Neuhaus	16.50	1:24:59	5:09	65	25:56	81	25:56	53.80	4:25:05	4:55	28	1:11:18	44	1:11:18
Masserberg	18.10	1:30:26	4:59	63	33:46	86	33:46	71.90	5:55:31	4:56	28	1:37:19	44	1:37:19
Allzunah	17.20	1:22:56	4:49	22	17:33	28	17:33	89.10	7:18:27	4:55	28	1:54:52	44	1:54:52
Grenzdler	20.00	1:30:53	4:32	35	20:31	47	20:31	109.10	8:49:20	4:51	28	2:08:21	44	2:08:21
Neue Ausspanne	13.90	1:02:38	4:30	30	14:11	33	14:11	123.00	9:51:58	4:48	28	2:21:12	44	2:21:12
Kleiner Inselsber	14.00	1:05:50	4:42	33	16:02	40	16:02	137.00	10:57:48	4:48	28	2:36:31	44	2:36:31
Hohe Sonne	19.40	1:26:26	4:27	33	18:37	42	18:37	156.40	12:24:14	4:45	28	2:55:08	44	2:55:08
Hörschel	14.70	1:13:31	5:00	54	25:02	64	25:02	171.10	13:37:45	4:46	28	3:14:22	35	3:14:22