



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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vorwärts rückwärts Oberschönauf

□□□: 13:43:39

□□: 209

□□: 12.46 km/h

□□□□: 4:49 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 40 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 33(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:35:39	5:27	116	33:05	166	33:05	17.50	1:35:39	5:27	33	33:05	49	33:05
Schildwiese	19.80	1:39:06	5:00	86	31:44	124	31:44	37.30	3:14:45	5:13	33	1:04:49	49	1:04:49
Neuhaus	16.50	1:15:17	4:33	22	16:14	27	16:14	53.80	4:30:02	5:01	33	1:16:15	49	1:16:15
Masserberg	18.10	1:21:01	4:28	21	24:21	32	24:21	71.90	5:51:03	4:52	33	1:32:51	49	1:32:51
Allzunah	17.20	1:32:37	5:23	66	27:14	79	27:14	89.10	7:23:40	4:58	33	2:00:05	49	2:00:05
Grenzdler	20.00	1:40:01	5:00	84	29:39	111	29:39	109.10	9:03:41	4:59	33	2:22:42	49	2:22:42
Neue Ausspanne	13.90	1:02:40	4:30	31	14:13	34	14:13	123.00	10:06:21	4:55	33	2:35:35	49	2:35:35
Kleiner Inselsber	14.00	57:43	4:07	10	7:55	10	7:55	137.00	11:04:04	4:50	33	2:42:47	49	2:42:47
Hohe Sonne	19.40	1:33:26	4:48	70	25:37	90	25:37	156.40	12:37:30	4:50	33	3:08:24	49	3:08:24
Hörschel	14.70	1:06:09	4:30	20	17:40	23	17:40	171.10	13:43:39	4:48	33	3:20:16	40	3:20:16