



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

□□□□

Rennsteiglaufverein I

□□□: 11:15:34

□□: 97

□□: 15.19 km/h

□□□□: 3:57 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 4 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 4(of 149)

Männerstaffel

□□□□□□□: 10:23:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:11:31	4:05	6	8:57	8	8:57	17.50	1:11:31	4:05	4	8:57	5	8:57
Schildwiese	19.80	1:14:14	3:44	5	6:52	5	6:52	37.30	2:25:45	3:54	4	15:49	5	15:49
Neuhaus	16.50	1:04:55	3:56	4	5:52	4	5:52	53.80	3:30:40	3:54	4	16:53	5	16:53
Masserberg	18.10	1:13:27	4:03	7	16:47	11	16:47	71.90	4:44:07	3:57	4	25:55	5	25:55
Allzunah	17.20	1:05:49	3:49	2	0:26	2	0:26	89.10	5:49:56	3:55	4	26:21	5	26:21
Grenzdler	20.00	1:28:38	4:25	25	18:16	35	18:16	109.10	7:18:34	4:01	4	37:35	5	37:35
Neue Ausspanne	13.90	53:29	3:50	8	5:02	8	5:02	123.00	8:12:03	4:00	4	41:17	5	41:17
Kleiner Inselsber	14.00	51:18	3:39	3	1:30	3	1:30	137.00	9:03:21	3:57	4	42:04	5	42:04
Hohe Sonne	19.40	1:13:02	3:45	5	5:13	6	5:13	156.40	10:16:23	3:56	4	47:17	5	47:17
Hörschel	14.70	59:11	4:01	5	10:42	5	10:42	171.10	11:15:34	3:56	4	52:11	4	52:11