



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Döllberggemsen

□□□: 13:45:08

□□: 237

□□: 12.43 km/h

□□□□: 4:49 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 41 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 34(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:17:27	4:25	23	14:53	29	14:53	17.50	1:17:27	4:25	34	14:53	51	14:53
Schildwiese	19.80	1:20:03	4:02	14	12:41	16	12:41	37.30	2:37:30	4:13	34	27:34	51	27:34
Neuhaus	16.50	1:35:15	5:46	107	36:12	152	36:12	53.80	4:12:45	4:41	34	58:58	51	58:58
Masserberg	18.10	1:37:18	5:22	111	40:38	150	40:38	71.90	5:50:03	4:52	34	1:31:51	51	1:31:51
Allzunah	17.20	1:30:39	5:16	53	25:16	66	25:16	89.10	7:20:42	4:56	34	1:57:07	51	1:57:07
Grenzdler	20.00	1:27:28	4:22	19	17:06	27	17:06	109.10	8:48:10	4:50	34	2:07:11	51	2:07:11
Neue Ausspanne	13.90	1:08:14	4:54	63	19:47	70	19:47	123.00	9:56:24	4:50	34	2:25:38	51	2:25:38
Kleiner Inselsber	14.00	1:19:23	5:40	97	29:35	130	29:35	137.00	11:15:47	4:55	34	2:54:30	51	2:54:30
Hohe Sonne	19.40	1:20:24	4:08	13	12:35	17	12:35	156.40	12:36:11	4:50	34	3:07:05	51	3:07:05
Hörschel	14.70	1:08:57	4:41	30	20:28	35	20:28	171.10	13:45:08	4:49	34	3:21:45	41	3:21:45