



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Burnout Erfurt

□□□: 14:19:33

□□: 229

□□: 11.94 km/h
□□□□: 5:01 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 62 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 48(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:26:09	4:55	69	23:35	90	23:35	17.50	1:26:09	4:55	49	23:35	73	23:35
Schildwiese	19.80	1:41:11	5:06	97	33:49	138	33:49	37.30	3:07:20	5:01	49	57:24	73	57:24
Neuhaus	16.50	1:17:45	4:42	31	18:42	36	18:42	53.80	4:25:05	4:55	28	1:11:18	44	1:11:18
Masserberg	18.10	1:34:36	5:13	94	37:56	128	37:56	71.90	5:59:41	5:00	49	1:41:29	73	1:41:29
Allzunah	17.20	1:22:04	4:46	17	16:41	22	16:41	89.10	7:21:45	4:57	49	1:58:10	73	1:58:10
Grenzdler	20.00	1:32:53	4:38	44	22:31	59	22:31	109.10	8:54:38	4:54	49	2:13:39	73	2:13:39
Neue Ausspanne	13.90	1:09:13	4:58	74	20:46	82	20:46	123.00	10:03:51	4:54	49	2:33:05	73	2:33:05
Kleiner Inselsber	14.00	1:22:42	5:54	116	32:54	160	32:54	137.00	11:26:33	5:00	49	3:05:16	73	3:05:16
Hohe Sonne	19.40	1:41:43	5:14	111	33:54	160	33:54	156.40	13:08:16	5:02	49	3:39:10	73	3:39:10
Hörschel	14.70	1:11:17	4:50	47	22:48	55	22:48	171.10	14:19:33	5:01	48	3:56:10	62	3:56:10