



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Mühlhäuser Laufcombo

□□□: 14:27:51

□□: 152

□□: 11.65 km/h
□□□□: 5:09 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 93 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 75(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:32:06	5:25	89	25:21	127	25:21	17.00	1:32:06	5:25	89	25:21	127	25:21
Schildwiese	19.20	1:31:28	4:45	79	25:18	106	25:18	36.20	3:03:34	5:04	77	48:25	103	48:25
Neuhaus	16.00	1:28:26	5:31	93	29:04	118	29:04	52.20	4:32:00	5:12	80	1:16:32	102	1:16:32
Masserberg	17.30	1:24:41	4:53	62	20:13	76	21:35	69.50	5:56:41	5:07	73	1:34:50	94	1:34:50
Allzunah	17.90	1:35:33	5:20	87	29:42	113	29:42	87.40	7:32:14	5:10	74	2:00:36	93	2:00:36
Grenzdler	20.00	1:45:29	5:16	107	34:21	161	35:42	107.40	9:17:43	5:11	85	2:31:55	107	2:31:55
Neue Ausspanne	13.40	1:10:18	5:14	76	21:28	94	21:28	120.80	10:28:01	5:11	82	2:51:11	100	2:51:11
Kleiner Inselsber	13.90	1:11:00	5:06	61	18:09	75	18:09	134.70	11:39:01	5:11	78	3:08:46	97	3:08:46
Hohe Sonne	18.80	1:22:51	4:24	28	14:32	35	14:32	153.50	13:01:52	5:05	65	3:22:25	83	3:22:25
Hörschel	15.00	1:25:59	5:43	122	36:53	181	36:53	168.50	14:27:51	5:09	76	3:59:16	94	3:59:16