



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Mühlhäuser Laufcombo

□□□: 14:27:51

□□: 152

□□: 11.61 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 |