



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Long Island Ice Tea

□□□: 14:28:09

□□: 20

□□: 11.61 km/h

□□□□: 5:09 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 94 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 76(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.00 | 1:48:34 | 6:23 | 141 | 41:49 | 216 | 41:49 | 17.00 | 1:48:34 | 6:23 | 141 | 41:49 | 216 | 41:49 |
| Schildwiese | 19.20 | 1:39:04 | 5:09 | 109 | 32:54 | 153 | 32:54 | 36.20 | 3:27:38 | 5:44 | 137 | 1:12:29 | 203 | 1:12:29 |
| Neuhaus | 16.00 | 1:47:31 | 6:43 | 141 | 48:09 | 213 | 48:09 | 52.20 | 5:15:09 | 6:02 | 141 | 1:59:41 | 214 | 1:59:41 |
| Masserberg | 17.30 | 1:23:40 | 4:50 | 55 | 19:12 | 65 | 20:34 | 69.50 | 6:38:49 | 5:44 | 135 | 2:16:58 | 190 | 2:16:58 |
| Allzunah | 17.90 | 1:19:14 | 4:25 | 19 | 13:23 | 24 | 13:23 | 87.40 | 7:58:03 | 5:28 | 114 | 2:26:25 | 148 | 2:26:25 |
| Grenzdler | 20.00 | 1:38:37 | 4:55 | 72 | 27:29 | 111 | 28:50 | 107.40 | 9:36:40 | 5:22 | 108 | 2:50:52 | 141 | 2:50:52 |
| Neue Ausspanne | 13.40 | 1:02:22 | 4:39 | 30 | 13:32 | 35 | 13:32 | 120.80 | 10:39:02 | 5:17 | 94 | 3:02:12 | 119 | 3:02:12 |
| Kleiner Inselsber | 13.90 | 1:05:28 | 4:42 | 35 | 12:37 | 42 | 12:37 | 134.70 | 11:44:30 | 5:13 | 86 | 3:14:15 | 107 | 3:14:15 |
| Hohe Sonne | 18.80 | 1:33:43 | 4:59 | 71 | 25:24 | 96 | 25:24 | 153.50 | 13:18:13 | 5:12 | 85 | 3:38:46 | 103 | 3:38:46 |
| Hörschel | 15.00 | 1:09:56 | 4:39 | 55 | 20:50 | 66 | 20:50 | 168.50 | 14:28:09 | 5:09 | 77 | 3:59:34 | 95 | 3:59:34 |