



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

□□□□

Kenias letzte Reserve

□□□: 14:31:01

□□: 222

□□: 11.57 km/h
□□□□: 5:10 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 97 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 79(of 144)

Männerstaffel

□□□□□□□: 10:28:35

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.00	1:34:41	5:34	99	27:56	140	27:56	17.00	1:34:41	5:34	99	27:56	140	27:56
Schildwiese	19.20	1:32:44	4:49	85	26:34	114	26:34	36.20	3:07:25	5:10	89	52:16	119	52:16
Neuhaus	16.00	1:24:40	5:17	75	25:18	92	25:18	52.20	4:32:05	5:12	81	1:16:37	105	1:16:37
Masserberg	17.30	1:24:55	4:54	64	20:27	78	21:49	69.50	5:57:00	5:08	74	1:35:09	95	1:35:09
Allzunah	17.90	1:39:13	5:32	105	33:22	141	33:22	87.40	7:36:13	5:13	84	2:04:35	104	2:04:35
Grenzdler	20.00	1:33:05	4:39	52	21:57	77	23:18	107.40	9:09:18	5:06	74	2:23:30	93	2:23:30
Neue Ausspanne	13.40	1:00:26	4:30	21	11:36	25	11:36	120.80	10:09:44	5:02	64	2:32:54	81	2:32:54
Kleiner Inselsber	13.90	1:15:40	5:26	90	22:49	114	22:49	134.70	11:25:24	5:05	63	2:55:09	80	2:55:09
Hohe Sonne	18.80	1:43:27	5:30	112	35:08	160	35:08	153.50	13:08:51	5:08	74	3:29:24	92	3:29:24
Hörschel	15.00	1:22:10	5:28	110	33:04	154	33:04	168.50	14:31:01	5:10	80	4:02:26	98	4:02:26