



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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1 plus 9

□□: 204

□□: 168.50 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 14:33:44

□□: 11.57 km/h

□□□□: 5:11 min/km

□□□□□: 102 (of 230)

□□□□□□: 10:28:35

□□□□□: 82(of 144)

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.00	1:13:47	4:20	6	7:02	7	7:02	17.00	1:13:47	4:20	6	7:02	8	7:02
Schildwiese	19.20	1:44:59	5:28	126	38:49	181	38:49	36.20	2:58:46	4:56	62	43:37	83	43:37
Neuhaus	16.00	1:08:55	4:18	7	9:33	8	9:33	52.20	4:07:41	4:44	35	52:13	41	52:13
Masserberg	17.30	1:22:55	4:47	50	18:27	59	19:49	69.50	5:30:36	4:45	37	1:08:45	42	1:08:45
Allzunah	17.90	1:24:39	4:43	34	18:48	42	18:48	87.40	6:55:15	4:45	30	1:23:37	36	1:23:37
Grenzdler	20.00	1:44:58	5:14	105	33:50	158	35:11	107.40	8:40:13	4:50	39	1:54:25	49	1:54:25
Neue Ausspanne	13.40	1:19:37	5:56	120	30:47	168	30:47	120.80	9:59:50	4:57	53	2:23:00	66	2:23:00
Kleiner Inselsber	13.90	1:17:06	5:32	96	24:15	124	24:15	134.70	11:16:56	5:01	58	2:46:41	74	2:46:41
Hohe Sonne	18.80	2:00:04	6:23	144	51:45	224	51:45	153.50	13:17:00	5:11	81	3:37:33	99	3:37:33
Hörschel	15.00	1:16:44	5:06	85	27:38	113	27:38	168.50	14:33:44	5:11	83	4:05:09	103	4:05:09