



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

□□□□

Bosch-Eisenach

□□□: 14:36:35

□□: 1

□□: 11.50 km/h
□□□□: 5:12 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 104 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 83(of 144)

Männerstaffel

□□□□□□□: 10:28:35

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:30:21	5:18	75	23:36	107	23:36	17.00	1:30:21	5:18	75	23:36	107	23:36
Schildwiese	19.20	1:39:48	5:11	113	33:38	160	33:38	36.20	3:10:09	5:15	93	55:00	130	55:00
Neuhaus	16.00	1:36:21	6:01	123	36:59	179	36:59	52.20	4:46:30	5:29	112	1:31:02	152	1:31:02
Masserberg	17.30	1:41:09	5:50	125	36:41	181	38:03	69.50	6:27:39	5:34	120	2:05:48	165	2:05:48
Allzunah	17.90	1:23:56	4:41	32	18:05	40	18:05	87.40	7:51:35	5:23	108	2:19:57	135	2:19:57
Grenzdler	20.00	1:32:21	4:37	50	21:13	73	22:34	107.40	9:23:56	5:15	90	2:38:08	114	2:38:08
Neue Ausspanne	13.40	1:03:41	4:45	37	14:51	43	14:51	120.80	10:27:37	5:11	81	2:50:47	99	2:50:47
Kleiner Inselsber	13.90	1:12:14	5:11	69	19:23	85	19:23	134.70	11:39:51	5:11	79	3:09:36	98	3:09:36
Hohe Sonne	18.80	1:32:48	4:56	67	24:29	92	24:29	153.50	13:12:39	5:09	77	3:33:12	95	3:33:12
Hörschel	15.00	1:23:56	5:35	117	34:50	168	34:50	168.50	14:36:35	5:12	84	4:08:00	105	4:08:00