



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Wilde Fünfziger

□□□: 14:37:20

□□: 148

□□: 11.49 km/h

□□□□: 5:13 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 106 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 84(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach          | 17.00    | 1:25:31  | 5:01         | 52      | 18:46   | 68        | 18:46     | 17.00  | 1:25:31  | 5:01 | 52      | 18:46   | 68        | 18:46     |
| Schildwiese       | 19.20    | 1:47:14  | 5:35         | 130     | 41:04   | 192       | 41:04     | 36.20  | 3:12:45  | 5:19 | 101     | 57:36   | 142       | 57:36     |
| Neuhaus           | 16.00    | 1:22:26  | 5:09         | 62      | 23:04   | 74        | 23:04     | 52.20  | 4:35:11  | 5:16 | 87      | 1:19:43 | 115       | 1:19:43   |
| Masserberg        | 17.30    | 1:31:45  | 5:18         | 100     | 27:17   | 129       | 28:39     | 69.50  | 6:06:56  | 5:16 | 89      | 1:45:05 | 114       | 1:45:05   |
| Allzunah          | 17.90    | 1:26:35  | 4:50         | 45      | 20:44   | 54        | 20:44     | 87.40  | 7:33:31  | 5:11 | 77      | 2:01:53 | 96        | 2:01:53   |
| Grenzdler         | 20.00    | 1:45:14  | 5:15         | 106     | 34:06   | 159       | 35:27     | 107.40 | 9:18:45  | 5:12 | 87      | 2:32:57 | 110       | 2:32:57   |
| Neue Ausspanne    | 13.40    | 1:07:12  | 5:00         | 63      | 18:22   | 77        | 18:22     | 120.80 | 10:25:57 | 5:10 | 79      | 2:49:07 | 97        | 2:49:07   |
| Kleiner Inselsber | 13.90    | 1:27:59  | 6:19         | 136     | 35:08   | 204       | 35:08     | 134.70 | 11:53:56 | 5:18 | 94      | 3:23:41 | 117       | 3:23:41   |
| Hohe Sonne        | 18.80    | 1:31:45  | 4:52         | 62      | 23:26   | 85        | 23:26     | 153.50 | 13:25:41 | 5:14 | 90      | 3:46:14 | 112       | 3:46:14   |
| Hörschel          | 15.00    | 1:11:39  | 4:46         | 61      | 22:33   | 75        | 22:33     | 168.50 | 14:37:20 | 5:12 | 85      | 4:08:45 | 107       | 4:08:45   |