



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

□□□□

Runster

□□□: 14:46:18

□□: 90

□□: 11.37 km/h

□□□□: 5:16 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 111 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 88(of 144)

Männerstaffel

□□□□□□□: 10:28:35

□□□□

□□□□

□□□

| □□□               | □□    | □□      | □□     | □□  | □□    | □□  | □□    | □□□    | □□□      | □□□    | □□  | □□      | □□  | □□      |
|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|-----|---------|-----|---------|
|                   | km    | □□      | min/km | -   | -     | □□□ | □□□   | km     | □□       | min/km | -   | -       | □□□ | □□□     |
| Grumbach          | 17.00 | 1:38:13 | 5:46   | 113 | 31:28 | 169 | 31:28 | 17.00  | 1:38:13  | 5:46   | 113 | 31:28   | 169 | 31:28   |
| Schildwiese       | 19.20 | 1:16:05 | 3:57   | 12  | 9:55  | 15  | 9:55  | 36.20  | 2:54:18  | 4:48   | 52  | 39:09   | 67  | 39:09   |
| Neuhaus           | 16.00 | 1:30:03 | 5:37   | 102 | 30:41 | 138 | 30:41 | 52.20  | 4:24:21  | 5:03   | 65  | 1:08:53 | 83  | 1:08:53 |
| Masserberg        | 17.30 | 1:26:06 | 4:58   | 68  | 21:38 | 84  | 23:00 | 69.50  | 5:50:27  | 5:02   | 62  | 1:28:36 | 79  | 1:28:36 |
| Allzunah          | 17.90 | 1:36:11 | 5:22   | 90  | 30:20 | 118 | 30:20 | 87.40  | 7:26:38  | 5:06   | 69  | 1:55:00 | 87  | 1:55:00 |
| Grenzdler         | 20.00 | 1:36:18 | 4:48   | 61  | 25:10 | 92  | 26:31 | 107.40 | 9:02:56  | 5:03   | 68  | 2:17:08 | 87  | 2:17:08 |
| Neue Ausspanne    | 13.40 | 1:15:50 | 5:39   | 103 | 27:00 | 133 | 27:00 | 120.80 | 10:18:46 | 5:07   | 72  | 2:41:56 | 90  | 2:41:56 |
| Kleiner Inselsber | 13.90 | 1:21:18 | 5:50   | 118 | 28:27 | 162 | 28:27 | 134.70 | 11:40:04 | 5:11   | 80  | 3:09:49 | 99  | 3:09:49 |
| Hohe Sonne        | 18.80 | 1:37:26 | 5:10   | 94  | 29:07 | 127 | 29:07 | 153.50 | 13:17:30 | 5:11   | 82  | 3:38:03 | 100 | 3:38:03 |
| Hörschel          | 15.00 | 1:28:48 | 5:55   | 130 | 39:42 | 194 | 39:42 | 168.50 | 14:46:18 | 5:15   | 89  | 4:17:43 | 112 | 4:17:43 |