



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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SWEety

□□□: 14:48:02

□□: 159

□□: 11.35 km/h  
□□□□: 5:16 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 112 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 89(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:45:24	6:12	133	38:39	203	38:39	17.00	1:45:24	6:12	133	38:39	203	38:39
Schildwiese	19.20	1:43:06	5:22	122	36:56	174	36:56	36.20	3:28:30	5:45	138	1:13:21	205	1:13:21
Neuhaus	16.00	1:34:47	5:55	119	35:25	172	35:25	52.20	5:03:17	5:48	135	1:47:49	197	1:47:49
Masserberg	17.30	1:21:35	4:42	44	17:07	50	18:29	69.50	6:24:52	5:32	116	2:03:01	158	2:03:01
Allzunah	17.90	1:48:13	6:02	131	42:22	184	42:22	87.40	8:13:05	5:38	127	2:41:27	172	2:41:27
Grenzdler	20.00	1:42:55	5:08	94	31:47	142	33:08	107.40	9:56:00	5:32	126	3:10:12	170	3:10:12
Neue Ausspanne	13.40	1:10:02	5:13	75	21:12	93	21:12	120.80	11:06:02	5:30	118	3:29:12	157	3:29:12
Kleiner Inselsber	13.90	1:08:13	4:54	49	15:22	57	15:22	134.70	12:14:15	5:27	110	3:44:00	143	3:44:00
Hohe Sonne	18.80	1:26:49	4:37	44	18:30	54	18:30	153.50	13:41:04	5:20	101	4:01:37	127	4:01:37
Hörschel	15.00	1:06:58	4:27	38	17:52	43	17:52	168.50	14:48:02	5:16	90	4:19:27	113	4:19:27