



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Chili con Carne

□□□: 15:48:34

□□: 58

□□: 10.63 km/h  
□□□□: 5:38 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 169 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 37(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:25:21	5:01	14	11:37	66	18:36	17.00	1:25:21	5:01	14	11:37	231	18:36
Schildwiese	19.20	1:46:33	5:32	53	39:30	190	40:23	36.20	3:11:54	5:18	37	51:04	231	56:45
Neuhaus	16.00	1:56:01	7:15	69	40:29	226	56:39	52.20	5:07:55	5:53	58	1:31:33	231	1:52:27
Masserberg	17.30	1:29:22	5:09	19	26:16	106	26:16	69.50	6:37:17	5:42	48	1:54:13	231	2:15:26
Allzunah	17.90	1:39:33	5:33	32	24:25	144	33:42	87.40	8:16:50	5:41	42	2:16:58	231	2:45:12
Grenzdler	20.00	1:39:35	4:58	39	29:48	122	29:48	107.40	9:56:25	5:33	41	2:43:02	231	3:10:37
Neue Ausspanne	13.40	1:12:17	5:23	17	15:45	108	23:27	120.80	11:08:42	5:32	39	2:58:00	231	3:31:52
Kleiner Inselsber	13.90	1:26:47	6:14	57	28:32	198	33:56	134.70	12:35:29	5:36	38	3:19:23	215	4:05:14
Hohe Sonne	18.80	1:31:30	4:52	22	21:23	84	23:11	153.50	14:06:59	5:31	33	3:34:47	231	4:27:32
Hörschel	15.00	1:41:35	6:46	72	48:11	226	52:29	168.50	15:48:34	5:37	37	4:11:48	170	5:19:59