



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Energy Runners

□□: 127

□□: 168.50 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 14:52:00

□□: 11.30 km/h

□□□□: 5:17 min/km

□□□□□: 119 (of 230)

□□□□□□: 10:28:35

□□□□□: 95(of 144)

□□□□□□□: 10:28:35

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.00	1:41:11	5:57	123	34:26	182	34:26	17.00	1:41:11	5:57	123	34:26	182	34:26
Schildwiese	19.20	1:38:00	5:06	107	31:50	150	31:50	36.20	3:19:11	5:30	120	1:04:02	171	1:04:02
Neuhaus	16.00	1:10:52	4:25	12	11:30	13	11:30	52.20	4:30:03	5:10	79	1:14:35	100	1:14:35
Masserberg	17.30	1:27:17	5:02	72	22:49	90	24:11	69.50	5:57:20	5:08	76	1:35:29	97	1:35:29
Allzunah	17.90	1:46:29	5:56	126	40:38	175	40:38	87.40	7:43:49	5:18	91	2:12:11	113	2:12:11
Grenzdler	20.00	1:30:11	4:30	38	19:03	51	20:24	107.40	9:14:00	5:09	80	2:28:12	101	2:28:12
Neue Ausspanne	13.40	1:17:47	5:48	112	28:57	152	28:57	120.80	10:31:47	5:13	88	2:54:57	110	2:54:57
Kleiner Inselsber	13.90	1:20:26	5:47	112	27:35	154	27:35	134.70	11:52:13	5:17	89	3:21:58	111	3:21:58
Hohe Sonne	18.80	1:43:31	5:30	113	35:12	161	35:12	153.50	13:35:44	5:18	96	3:56:17	122	3:56:17
Hörschel	15.00	1:16:16	5:05	82	27:10	110	27:10	168.50	14:52:00	5:17	96	4:23:25	120	4:23:25