



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

□□□□

ilmrunners

□□: 153

□□: 168.50 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 14:53:24

□□: 11.28 km/h

□□□□: 5:18 min/km

□□□□□: 121 (of 230)

□□□□□□: 10:28:35

□□□□□: 96(of 144)

□□□□□□□: 10:28:35

□□□□

□□□□

□□□

| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|-----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.00 | 1:37:44 | 5:44 | 110 | 30:59 | 163 | 30:59 | 17.00 | 1:37:44 | 5:44 | 110 | 30:59 | 163 | 30:59 |
| Schildwiese | 19.20 | 1:46:22 | 5:32 | 129 | 40:12 | 189 | 40:12 | 36.20 | 3:24:06 | 5:38 | 132 | 1:08:57 | 191 | 1:08:57 |
| Neuhaus | 16.00 | 1:22:19 | 5:08 | 59 | 22:57 | 71 | 22:57 | 52.20 | 4:46:25 | 5:29 | 111 | 1:30:57 | 151 | 1:30:57 |
| Masserberg | 17.30 | 1:21:03 | 4:41 | 40 | 16:35 | 46 | 17:57 | 69.50 | 6:07:28 | 5:17 | 90 | 1:45:37 | 115 | 1:45:37 |
| Allzunah | 17.90 | 1:39:38 | 5:33 | 108 | 33:47 | 145 | 33:47 | 87.40 | 7:47:06 | 5:20 | 97 | 2:15:28 | 122 | 2:15:28 |
| Grenzdler | 20.00 | 1:51:49 | 5:35 | 128 | 40:41 | 196 | 42:02 | 107.40 | 9:38:55 | 5:23 | 111 | 2:53:07 | 147 | 2:53:07 |
| Neue Ausspanne | 13.40 | 1:02:01 | 4:37 | 28 | 13:11 | 33 | 13:11 | 120.80 | 10:40:56 | 5:18 | 97 | 3:04:06 | 123 | 3:04:06 |
| Kleiner Inselsber | 13.90 | 1:12:29 | 5:12 | 72 | 19:38 | 88 | 19:38 | 134.70 | 11:53:25 | 5:17 | 93 | 3:23:10 | 115 | 3:23:10 |
| Hohe Sonne | 18.80 | 1:33:19 | 4:57 | 70 | 25:00 | 95 | 25:00 | 153.50 | 13:26:44 | 5:15 | 91 | 3:47:17 | 113 | 3:47:17 |
| Hörschel | 15.00 | 1:26:40 | 5:46 | 123 | 37:34 | 184 | 37:34 | 168.50 | 14:53:24 | 5:18 | 97 | 4:24:49 | 122 | 4:24:49 |