



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

□□□□

Gü/We-Läufer

□□□: 15:12:12

□□: 94

□□: 11.05 km/h
□□□□: 5:25 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 138 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 109(of 144)

Männerstaffel

□□□□□□□: 10:28:35

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.00	1:35:39	5:37	101	28:54	144	28:54	17.00	1:35:39	5:37	101	28:54	144	28:54
Schildwiese	19.20	1:28:50	4:37	65	22:40	87	22:40	36.20	3:04:29	5:05	82	49:20	108	49:20
Neuhaus	16.00	1:31:24	5:42	110	32:02	149	32:02	52.20	4:35:53	5:17	89	1:20:25	117	1:20:25
Masserberg	17.30	1:33:53	5:25	109	29:25	144	30:47	69.50	6:09:46	5:19	93	1:47:55	119	1:47:55
Allzunah	17.90	1:41:59	5:41	114	36:08	157	36:08	87.40	7:51:45	5:23	109	2:20:07	137	2:20:07
Grenzdler	20.00	2:03:43	6:11	143	52:35	223	53:56	107.40	9:55:28	5:32	125	3:09:40	168	3:09:40
Neue Ausspanne	13.40	1:14:17	5:32	97	25:27	124	25:27	120.80	11:09:45	5:32	121	3:32:55	164	3:32:55
Kleiner Inselsber	13.90	1:18:05	5:37	101	25:14	133	25:14	134.70	12:27:50	5:33	122	3:57:35	161	3:57:35
Hohe Sonne	18.80	1:29:13	4:44	55	20:54	72	20:54	153.50	13:57:03	5:27	116	4:17:36	150	4:17:36
Hörschel	15.00	1:15:09	5:00	78	26:03	102	26:03	168.50	15:12:12	5:24	110	4:43:37	139	4:43:37