



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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sc impuls Erfurt I

□□□: 12:09:04

□□: 30

□□: 13.83 km/h  
□□□□: 4:20 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 15 (of 230)

□□□□□□: 10:28:35

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□□□□□: 13(of 144)

Männerstaffel

□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:22:30	4:51	41	15:45	52	15:45	17.00	1:22:30	4:51	41	15:45	52	15:45
Schildwiese	19.20	1:17:32	4:02	19	11:22	22	11:22	36.20	2:40:02	4:25	18	24:53	24	24:53
Neuhaus	16.00	1:14:48	4:40	27	15:26	28	15:26	52.20	3:54:50	4:29	17	39:22	21	39:22
Masserberg	17.30	1:12:34	4:11	10	8:06	13	9:28	69.50	5:07:24	4:25	15	45:33	18	45:33
Allzunah	17.90	1:25:01	4:44	37	19:10	45	19:10	87.40	6:32:25	4:29	16	1:00:47	20	1:00:47
Grenzdler	20.00	1:18:46	3:56	8	7:38	11	8:59	107.40	7:51:11	4:23	14	1:05:23	16	1:05:23
Neue Ausspanne	13.40	58:59	4:24	17	10:09	21	10:09	120.80	8:50:10	4:23	13	1:13:20	15	1:13:20
Kleiner Inselsber	13.90	58:34	4:12	11	5:43	12	5:43	134.70	9:48:44	4:22	14	1:18:29	15	1:18:29
Hohe Sonne	18.80	1:16:36	4:04	11	8:17	13	8:17	153.50	11:05:20	4:20	13	1:25:53	15	1:25:53
Hörschel	15.00	1:03:44	4:14	22	14:38	25	14:38	168.50	12:09:04	4:19	13	1:40:29	15	1:40:29