



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Touristikerstaffel

□□□: 15:19:38

□□: 14

□□: 10.99 km/h

□□□□: 5:28 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 149 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 116(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.00 | 1:34:33 | 5:33 | 98 | 27:48 | 139 | 27:48 | 17.00 | 1:34:33 | 5:33 | 98 | 27:48 | 139 | 27:48 |
| Schildwiese | 19.20 | 1:40:21 | 5:13 | 114 | 34:11 | 161 | 34:11 | 36.20 | 3:14:54 | 5:23 | 108 | 59:45 | 155 | 59:45 |
| Neuhaus | 16.00 | 1:28:04 | 5:30 | 91 | 28:42 | 115 | 28:42 | 52.20 | 4:42:58 | 5:25 | 106 | 1:27:30 | 142 | 1:27:30 |
| Masserberg | 17.30 | 1:31:21 | 5:16 | 98 | 26:53 | 126 | 28:15 | 69.50 | 6:14:19 | 5:23 | 102 | 1:52:28 | 132 | 1:52:28 |
| Allzunah | 17.90 | 1:46:55 | 5:58 | 128 | 41:04 | 179 | 41:04 | 87.40 | 8:01:14 | 5:30 | 118 | 2:29:36 | 153 | 2:29:36 |
| Grenzdler | 20.00 | 1:52:04 | 5:36 | 130 | 40:56 | 199 | 42:17 | 107.40 | 9:53:18 | 5:31 | 123 | 3:07:30 | 166 | 3:07:30 |
| Neue Ausspanne | 13.40 | 1:05:37 | 4:53 | 50 | 16:47 | 61 | 16:47 | 120.80 | 10:58:55 | 5:27 | 115 | 3:22:05 | 149 | 3:22:05 |
| Kleiner Inselsber | 13.90 | 1:20:22 | 5:46 | 109 | 27:31 | 151 | 27:31 | 134.70 | 12:19:17 | 5:29 | 115 | 3:49:02 | 150 | 3:49:02 |
| Hohe Sonne | 18.80 | 1:40:59 | 5:22 | 108 | 32:40 | 150 | 32:40 | 153.50 | 14:00:16 | 5:28 | 117 | 4:20:49 | 151 | 4:20:49 |
| Hörschel | 15.00 | 1:19:22 | 5:17 | 96 | 30:16 | 130 | 30:16 | 168.50 | 15:19:38 | 5:27 | 117 | 4:51:03 | 150 | 4:51:03 |