



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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TEAM SKATSTADTMARATHON

□□□: 16:23:50

□□: 9

□□: 10.25 km/h

□□□□: 5:50 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 200 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 57(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach          | 17.00    | 1:28:56  | 5:13         | 23      | 15:12   | 91        | 22:11     | 17.00  | 1:28:56  | 5:13 | 23      | 15:12   | 231       | 22:11     |
| Schildwiese       | 19.20    | 1:51:15  | 5:47         | 60      | 44:12   | 204       | 45:05     | 36.20  | 3:20:11  | 5:31 | 48      | 59:21   | 231       | 1:05:02   |
| Neuhaus           | 16.00    | 1:40:27  | 6:16         | 57      | 24:55   | 198       | 41:05     | 52.20  | 5:00:38  | 5:45 | 50      | 1:24:16 | 231       | 1:45:10   |
| Masserberg        | 17.30    | 1:39:01  | 5:43         | 48      | 35:55   | 172       | 35:55     | 69.50  | 6:39:39  | 5:45 | 53      | 1:56:35 | 231       | 2:17:48   |
| Allzunah          | 17.90    | 1:40:23  | 5:36         | 34      | 25:15   | 149       | 34:32     | 87.40  | 8:20:02  | 5:43 | 46      | 2:20:10 | 231       | 2:48:24   |
| Grenzdler         | 20.00    | 1:43:49  | 5:11         | 47      | 34:02   | 148       | 34:02     | 107.40 | 10:03:51 | 5:37 | 44      | 2:50:28 | 231       | 3:18:03   |
| Neue Ausspanne    | 13.40    | 1:31:40  | 6:50         | 69      | 35:08   | 224       | 42:50     | 120.80 | 11:35:31 | 5:45 | 49      | 3:24:49 | 231       | 3:58:41   |
| Kleiner Inselsber | 13.90    | 1:27:53  | 6:19         | 59      | 29:38   | 203       | 35:02     | 134.70 | 13:03:24 | 5:48 | 53      | 3:47:18 | 231       | 4:33:09   |
| Hohe Sonne        | 18.80    | 1:45:03  | 5:35         | 47      | 34:56   | 172       | 36:44     | 153.50 | 14:48:27 | 5:47 | 55      | 4:16:15 | 231       | 5:09:00   |
| Hörschel          | 15.00    | 1:35:23  | 6:21         | 62      | 41:59   | 214       | 46:17     | 168.50 | 16:23:50 | 5:50 | 57      | 4:47:04 | 201       | 5:55:15   |