



17. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 20.06.2015

□□□□

Harz-Donau-Connection

□□□: 16:24:33

□□: 167

□□: 10.24 km/h

□□□□: 5:50 min/km

□□: 168.50 km

Blankenstein-Hirschel

□□□□□: 201 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 8(of 13)

Frauenstaffel

□□□□□□□: 12:48:16

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:30:05	5:17	4	7:43	102	23:20	17.00	1:30:05	5:17	4	7:43	231	23:20
Schildwiese	19.20	1:51:14	5:47	10	30:20	203	45:04	36.20	3:21:19	5:33	6	38:03	231	1:06:10
Neuhaus	16.00	1:37:47	6:06	9	30:39	188	38:25	52.20	4:59:06	5:43	7	1:08:42	231	1:43:38
Masserberg	17.30	1:48:40	6:16	12	29:50	216	45:34	69.50	6:47:46	5:52	8	1:38:32	231	2:25:55
Allzunah	17.90	1:43:08	5:45	7	24:55	165	37:17	87.40	8:30:54	5:50	8	2:03:27	231	2:59:16
Grenzdler	20.00	1:53:03	5:39	9	29:14	203	43:16	107.40	10:23:57	5:48	8	2:32:41	231	3:38:09
Neue Ausspanne	13.40	1:16:29	5:42	7	20:53	142	27:39	120.80	11:40:26	5:47	7	2:42:21	231	4:03:36
Kleiner Inselsber	13.90	1:36:38	6:57	13	33:23	223	43:47	134.70	13:17:04	5:55	8	3:06:26	231	4:46:49
Hohe Sonne	18.80	1:44:09	5:32	6	16:39	164	35:50	153.50	15:01:13	5:52	8	3:14:48	231	5:21:46
Hirschel	15.00	1:23:20	5:33	7	21:29	164	34:14	168.50	16:24:33	5:50	8	3:36:17	202	5:55:58