



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Helios Team Erfurt

□□□: 15:26:19

□□: 7

□□: 10.88 km/h  
□□□□: 5:30 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 154 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 120(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:21:24	4:47	35	14:39	42	14:39	17.00	1:21:24	4:47	35	14:39	42	14:39
Schildwiese	19.20	1:56:05	6:02	141	49:55	217	49:55	36.20	3:17:29	5:27	114	1:02:20	161	1:02:20
Neuhaus	16.00	1:45:28	6:35	137	46:06	207	46:06	52.20	5:02:57	5:48	134	1:47:29	195	1:47:29
Masserberg	17.30	1:43:44	5:59	133	39:16	198	40:38	69.50	6:46:41	5:51	140	2:24:50	203	2:24:50
Allzunah	17.90	1:25:21	4:46	40	19:30	49	19:30	87.40	8:12:02	5:37	126	2:40:24	170	2:40:24
Grenzdler	20.00	1:30:48	4:32	39	19:40	56	21:01	107.40	9:42:50	5:25	114	2:57:02	152	2:57:02
Neue Ausspanne	13.40	1:29:02	6:38	142	40:12	216	40:12	120.80	11:11:52	5:33	122	3:35:02	166	3:35:02
Kleiner Inselsber	13.90	1:20:33	5:47	115	27:42	157	27:42	134.70	12:32:25	5:35	123	4:02:10	163	4:02:10
Hohe Sonne	18.80	1:23:42	4:27	30	15:23	37	15:23	153.50	13:56:07	5:26	113	4:16:40	146	4:16:40
Hörschel	15.00	1:30:12	6:00	133	41:06	198	41:06	168.50	15:26:19	5:29	121	4:57:44	155	4:57:44