



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

0000

Roter Stern Pfafferode

000: 15:29:39

00: 137

00: 10.84 km/h

0000: 5:31 min/km

00: 168.50 km

Blankenstein-Hörschel

00000: 158 (of 230)

000000: 10:28:35

0000:

00000: 121(of 144)

Männerstaffel

0000000: 10:28:35

0000

0000

000

| 000               | 00    | 00      | 00     | 00  | 00    | 00  | 00    | 000    | 000      | 000    | 00  | 00      | 00  | 00      |
|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|-----|---------|-----|---------|
|                   | km    | 00      | min/km | -   | -     | 000 | 000   | km     | 00       | min/km | -   | -       | 000 | 000     |
| Grumbach          | 17.00 | 1:37:33 | 5:44   | 108 | 30:48 | 159 | 30:48 | 17.00  | 1:37:33  | 5:44   | 108 | 30:48   | 159 | 30:48   |
| Schildwiese       | 19.20 | 1:45:20 | 5:29   | 127 | 39:10 | 182 | 39:10 | 36.20  | 3:22:53  | 5:36   | 128 | 1:07:44 | 186 | 1:07:44 |
| Neuhaus           | 16.00 | 1:40:27 | 6:16   | 133 | 41:05 | 198 | 41:05 | 52.20  | 5:03:20  | 5:48   | 136 | 1:47:52 | 198 | 1:47:52 |
| Masserberg        | 17.30 | 1:37:26 | 5:37   | 117 | 32:58 | 165 | 34:20 | 69.50  | 6:40:46  | 5:45   | 136 | 2:18:55 | 196 | 2:18:55 |
| Allzunah          | 17.90 | 1:36:15 | 5:22   | 92  | 30:24 | 120 | 30:24 | 87.40  | 8:17:01  | 5:41   | 131 | 2:45:23 | 179 | 2:45:23 |
| Grenzadler        | 20.00 | 1:33:40 | 4:41   | 55  | 22:32 | 82  | 23:53 | 107.40 | 9:50:41  | 5:29   | 120 | 3:04:53 | 162 | 3:04:53 |
| Neue Ausspanne    | 13.40 | 1:24:44 | 6:19   | 139 | 35:54 | 203 | 35:54 | 120.80 | 11:15:25 | 5:35   | 126 | 3:38:35 | 170 | 3:38:35 |
| Kleiner Inselsber | 13.90 | 1:09:32 | 5:00   | 53  | 16:41 | 64  | 16:41 | 134.70 | 12:24:57 | 5:31   | 120 | 3:54:42 | 158 | 3:54:42 |
| Hohe Sonne        | 18.80 | 1:46:00 | 5:38   | 120 | 37:41 | 178 | 37:41 | 153.50 | 14:10:57 | 5:32   | 123 | 4:31:30 | 161 | 4:31:30 |
| Hörschel          | 15.00 | 1:18:42 | 5:14   | 92  | 29:36 | 123 | 29:36 | 168.50 | 15:29:39 | 5:31   | 122 | 5:01:04 | 159 | 5:01:04 |