



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

□□□□

Laufgruppe Wassersuppe

□□□: 12:09:23

□□: 202

□□: 13.82 km/h

□□□□: 4:20 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 16 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 14(of 144)

Männerstaffel

□□□□□□□: 10:28:35

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.00 | 1:26:29 | 5:05 | 57 | 19:44 | 74 | 19:44 | 17.00 | 1:26:29 | 5:05 | 57 | 19:44 | 74 | 19:44 |
| Schildwiese | 19.20 | 1:16:19 | 3:58 | 14 | 10:09 | 17 | 10:09 | 36.20 | 2:42:48 | 4:29 | 26 | 27:39 | 32 | 27:39 |
| Neuhaus | 16.00 | 1:10:11 | 4:23 | 11 | 10:49 | 12 | 10:49 | 52.20 | 3:52:59 | 4:27 | 14 | 37:31 | 17 | 37:31 |
| Masserberg | 17.30 | 1:18:21 | 4:31 | 25 | 13:53 | 29 | 15:15 | 69.50 | 5:11:20 | 4:28 | 16 | 49:29 | 20 | 49:29 |
| Allzunah | 17.90 | 1:17:37 | 4:20 | 15 | 11:46 | 18 | 11:46 | 87.40 | 6:28:57 | 4:27 | 15 | 57:19 | 19 | 57:19 |
| Grenzadler | 20.00 | 1:20:06 | 4:00 | 11 | 8:58 | 15 | 10:19 | 107.40 | 7:49:03 | 4:22 | 12 | 1:03:15 | 14 | 1:03:15 |
| Neue Ausspanne | 13.40 | 58:53 | 4:23 | 16 | 10:03 | 20 | 10:03 | 120.80 | 8:47:56 | 4:22 | 12 | 1:11:06 | 14 | 1:11:06 |
| Kleiner Inselsber | 13.90 | 57:59 | 4:10 | 9 | 5:08 | 9 | 5:08 | 134.70 | 9:45:55 | 4:20 | 12 | 1:15:40 | 13 | 1:15:40 |
| Hohe Sonne | 18.80 | 1:23:10 | 4:25 | 29 | 14:51 | 36 | 14:51 | 153.50 | 11:09:05 | 4:21 | 14 | 1:29:38 | 16 | 1:29:38 |
| Hörschel | 15.00 | 1:00:18 | 4:01 | 12 | 11:12 | 13 | 11:12 | 168.50 | 12:09:23 | 4:19 | 14 | 1:40:48 | 16 | 1:40:48 |