



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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X-FAB / Melexis Running Ladies

□□□: 17:19:03

□□: 143

□□: 9.70 km/h

□□□□: 6:10 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 225 (of 230)

□□□□□□: 10:28:35

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□□□□□: 12(of 13)

Frauenstaffel

□□□□□□□: 12:48:16

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.00	1:50:40	6:30	12	28:18	221	43:55	17.00	1:50:40	6:30	12	28:18	231	43:55
Schildwiese	19.20	2:00:25	6:16	12	39:31	222	54:15	36.20	3:51:05	6:23	12	1:07:49	231	1:35:56
Neuhaus	16.00	1:43:48	6:29	10	36:40	205	44:26	52.20	5:34:53	6:24	12	1:44:29	231	2:19:25
Masserberg	17.30	1:49:33	6:19	13	30:43	218	46:27	69.50	7:24:26	6:23	13	2:15:12	231	3:02:35
Allzunah	17.90	1:49:55	6:08	9	31:42	193	44:04	87.40	9:14:21	6:20	12	2:46:54	231	3:42:43
Grenzadler	20.00	1:51:54	5:35	7	28:05	197	42:07	107.40	11:06:15	6:12	11	3:14:59	231	4:20:27
Neue Ausspanne	13.40	1:20:22	5:59	10	24:46	178	31:32	120.80	12:26:37	6:10	11	3:28:32	231	4:49:47
Kleiner Inselsber	13.90	1:32:53	6:40	12	29:38	219	40:02	134.70	13:59:30	6:13	12	3:48:52	231	5:29:15
Hohe Sonne	18.80	2:00:54	6:25	13	33:24	226	52:35	153.50	16:00:24	6:15	12	4:13:59	231	6:20:57
Hörschel	15.00	1:18:39	5:14	6	16:48	122	29:33	168.50	17:19:03	6:09	12	4:30:47	226	6:50:28