



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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FSV über Stock und Stein

□□□: 17:02:36

□□: 105

□□: 9.86 km/h

□□□□: 6:04 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 219 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 66(of 73)

Mixstaffel

□□□□□□□: 11:36:46

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.00 | 1:37:25 | 5:43 | 45 | 23:41 | 158 | 30:40 | 17.00 | 1:37:25 | 5:43 | 45 | 23:41 | 231 | 30:40 |
| Schildwiese | 19.20 | 1:50:32 | 5:45 | 59 | 43:29 | 200 | 44:22 | 36.20 | 3:27:57 | 5:44 | 58 | 1:07:07 | 231 | 1:12:48 |
| Neuhaus | 16.00 | 1:34:31 | 5:54 | 47 | 18:59 | 171 | 35:09 | 52.20 | 5:02:28 | 5:47 | 53 | 1:26:06 | 231 | 1:47:00 |
| Masserberg | 17.30 | 1:56:40 | 6:44 | 69 | 53:34 | 224 | 53:34 | 69.50 | 6:59:08 | 6:01 | 62 | 2:16:04 | 231 | 2:37:17 |
| Allzunah | 17.90 | 1:52:52 | 6:18 | 58 | 37:44 | 207 | 47:01 | 87.40 | 8:52:00 | 6:05 | 63 | 2:52:08 | 231 | 3:20:22 |
| Grenzdler | 20.00 | 2:09:12 | 6:27 | 68 | 59:25 | 225 | 59:25 | 107.40 | 11:01:12 | 6:09 | 69 | 3:47:49 | 231 | 4:15:24 |
| Neue Ausspanne | 13.40 | 1:16:03 | 5:40 | 27 | 19:31 | 136 | 27:13 | 120.80 | 12:17:15 | 6:06 | 67 | 4:06:33 | 231 | 4:40:25 |
| Kleiner Inselsber | 13.90 | 1:25:06 | 6:07 | 52 | 26:51 | 190 | 32:15 | 134.70 | 13:42:21 | 6:06 | 65 | 4:26:15 | 231 | 5:12:06 |
| Hohe Sonne | 18.80 | 1:46:09 | 5:38 | 52 | 36:02 | 180 | 37:50 | 153.50 | 15:28:30 | 6:02 | 64 | 4:56:18 | 231 | 5:49:03 |
| Hörschel | 15.00 | 1:34:06 | 6:16 | 59 | 40:42 | 210 | 45:00 | 168.50 | 17:02:36 | 6:04 | 66 | 5:25:50 | 220 | 6:34:01 |