



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Erbstromtaler Schmalwaden women □□□: 17:32:58

□□: 131

□□: 168.50 km

Blankenstein-Hörschel

□□□□:

Frauenstaffel

□□: 9.57 km/h

□□□□: 6:15 min/km

□□□□□: 228 (of 230)

□□□□□□: 10:28:35

□□□□□: 13(of 13)

□□□□□□□: 12:48:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:45:33	6:12	10	23:11	204	38:48	17.00	1:45:33	6:12	10	23:11	231	38:48
Schildwiese	19.20	2:08:03	6:40	13	47:09	226	1:01:53	36.20	3:53:36	6:27	13	1:10:20	231	1:38:27
Neuhaus	16.00	1:37:46	6:06	8	30:38	187	38:24	52.20	5:31:22	6:20	11	1:40:58	231	2:15:54
Masserberg	17.30	1:45:37	6:06	9	26:47	207	42:31	69.50	7:16:59	6:17	11	2:07:45	231	2:55:08
Allzunah	17.90	1:51:49	6:14	11	33:36	203	45:58	87.40	9:08:48	6:16	10	2:41:21	231	3:37:10
Grenzdler	20.00	2:00:32	6:01	11	36:43	219	50:45	107.40	11:09:20	6:13	12	3:18:04	231	4:23:32
Neue Ausspanne	13.40	1:39:24	7:25	13	43:48	229	50:34	120.80	12:48:44	6:21	13	3:50:39	231	5:11:54
Kleiner Inselsber	13.90	1:18:14	5:37	5	14:59	137	25:23	134.70	14:06:58	6:17	13	3:56:20	231	5:36:43
Hohe Sonne	18.80	1:53:35	6:02	10	26:05	213	45:16	153.50	16:00:33	6:15	13	4:14:08	231	6:21:06
Hörschel	15.00	1:32:25	6:09	13	30:34	203	43:19	168.50	17:32:58	6:14	13	4:44:42	229	7:04:23