



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Rumpel di Pumpel

□□□: 15:55:45

□□: 91

□□: 10.55 km/h

□□□□: 5:40 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 179 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 131(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|-----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.00 | 1:38:35 | 5:47 | 116 | 31:50 | 174 | 31:50 | 17.00 | 1:38:35 | 5:47 | 116 | 31:50 | 174 | 31:50 |
| Schildwiese | 19.20 | 1:39:39 | 5:11 | 112 | 33:29 | 158 | 33:29 | 36.20 | 3:18:14 | 5:28 | 117 | 1:03:05 | 165 | 1:03:05 |
| Neuhaus | 16.00 | 1:37:37 | 6:06 | 128 | 38:15 | 186 | 38:15 | 52.20 | 4:55:51 | 5:40 | 131 | 1:40:23 | 180 | 1:40:23 |
| Masserberg | 17.30 | 1:38:48 | 5:42 | 119 | 34:20 | 170 | 35:42 | 69.50 | 6:34:39 | 5:40 | 131 | 2:12:48 | 182 | 2:12:48 |
| Allzunah | 17.90 | 2:00:08 | 6:42 | 141 | 54:17 | 224 | 54:17 | 87.40 | 8:34:47 | 5:53 | 136 | 3:03:09 | 198 | 3:03:09 |
| Grenzdler | 20.00 | 1:36:53 | 4:50 | 65 | 25:45 | 99 | 27:06 | 107.40 | 10:11:40 | 5:41 | 133 | 3:25:52 | 188 | 3:25:52 |
| Neue Ausspanne | 13.40 | 1:10:32 | 5:15 | 79 | 21:42 | 97 | 21:42 | 120.80 | 11:22:12 | 5:38 | 128 | 3:45:22 | 173 | 3:45:22 |
| Kleiner Inselsber | 13.90 | 1:20:23 | 5:46 | 111 | 27:32 | 153 | 27:32 | 134.70 | 12:42:35 | 5:39 | 129 | 4:12:20 | 174 | 4:12:20 |
| Hohe Sonne | 18.80 | 1:41:08 | 5:22 | 109 | 32:49 | 151 | 32:49 | 153.50 | 14:23:43 | 5:37 | 130 | 4:44:16 | 174 | 4:44:16 |
| Hörschel | 15.00 | 1:32:02 | 6:08 | 135 | 42:56 | 201 | 42:56 | 168.50 | 15:55:45 | 5:40 | 132 | 5:27:10 | 180 | 5:27:10 |