



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Ringer vom KSV Pausa

□□□: 13:29:01

□□: 109

□□: 12.46 km/h

□□□□: 4:48 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 38 (of 230)

□□□□□□: 10:28:35

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□□□□□: 33(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:20:21	4:43	28	13:36	34	13:36	17.00	1:20:21	4:43	28	13:36	34	13:36
Schildwiese	19.20	1:28:12	4:35	61	22:02	80	22:02	36.20	2:48:33	4:39	41	33:24	50	33:24
Neuhaus	16.00	1:19:02	4:56	38	19:40	45	19:40	52.20	4:07:35	4:44	34	52:07	40	52:07
Masserberg	17.30	1:21:26	4:42	43	16:58	49	18:20	69.50	5:29:01	4:44	32	1:07:10	37	1:07:10
Allzunah	17.90	1:26:56	4:51	48	21:05	57	21:05	87.40	6:55:57	4:45	32	1:24:19	38	1:24:19
Grenzadler	20.00	1:33:12	4:39	53	22:04	78	23:25	107.40	8:29:09	4:44	31	1:43:21	38	1:43:21
Neue Ausspanne	13.40	1:17:03	5:45	108	28:13	146	28:13	120.80	9:46:12	4:51	39	2:09:22	47	2:09:22
Kleiner Inselsber	13.90	1:00:45	4:22	14	7:54	16	7:54	134.70	10:46:57	4:48	34	2:16:42	40	2:16:42
Hohe Sonne	18.80	1:34:45	5:02	79	26:26	108	26:26	153.50	12:21:42	4:49	35	2:42:15	41	2:42:15
Hörschel	15.00	1:07:19	4:29	39	18:13	44	18:13	168.50	13:29:01	4:48	34	3:00:26	39	3:00:26