



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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SWV Goldlauter-Heidersbach

□□□: 12:45:17

□□: 38

□□: 13.17 km/h

□□□□: 4:32 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 23 (of 230)

□□□□□□: 10:28:35

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□□□□□: 19(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:27:05	5:07	60	20:20	79	20:20	17.00	1:27:05	5:07	60	20:20	79	20:20
Schildwiese	19.20	1:24:50	4:25	44	18:40	58	18:40	36.20	2:51:55	4:44	47	36:46	57	36:46
Neuhaus	16.00	1:09:04	4:18	8	9:42	9	9:42	52.20	4:00:59	4:36	27	45:31	31	45:31
Masserberg	17.30	1:13:38	4:15	13	9:10	16	10:32	69.50	5:14:37	4:31	18	52:46	22	52:46
Allzunah	17.90	1:29:20	4:59	65	23:29	76	23:29	87.40	6:43:57	4:37	24	1:12:19	29	1:12:19
Grenzdler	20.00	1:25:41	4:17	23	14:33	36	15:54	107.40	8:09:38	4:33	21	1:23:50	26	1:23:50
Neue Ausspanne	13.40	58:47	4:23	15	9:57	19	9:57	120.80	9:08:25	4:32	21	1:31:35	26	1:31:35
Kleiner Inselsber	13.90	1:12:12	5:11	68	19:21	84	19:21	134.70	10:20:37	4:36	24	1:50:22	29	1:50:22
Hohe Sonne	18.80	1:27:18	4:38	46	18:59	57	18:59	153.50	11:47:55	4:36	24	2:08:28	29	2:08:28
Hörschel	15.00	57:22	3:49	7	8:16	8	8:16	168.50	12:45:17	4:32	20	2:16:42	24	2:16:42