



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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AOL Altensteiner Oberland Mix

□□□: 13:48:15

□□: 156

□□: 12.17 km/h

□□□□: 4:55 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 53 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 11(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Grumbach	17.00	1:27:47	5:09	21	14:03	84	21:02	17.00	1:27:47	5:09	21	14:03	231 21:02
Schildwiese	19.20	1:18:12	4:04	6	11:09	27	12:02	36.20	2:45:59	4:35	8	25:09	42 30:50
Neuhaus	16.00	1:29:41	5:36	28	14:09	133	30:19	52.20	4:15:40	4:53	9	39:18	231 1:00:12
Masserberg	17.30	1:32:44	5:21	28	29:38	135	29:38	69.50	5:48:24	5:00	11	1:05:20	231 1:26:33
Allzunah	17.90	1:31:40	5:07	15	16:32	91	25:49	87.40	7:20:04	5:02	10	1:20:12	231 1:48:26
Grenzdler	20.00	1:16:48	3:50	3	7:01	8	7:01	107.40	8:36:52	4:48	8	1:23:29	231 1:51:04
Neue Ausspanne	13.40	1:21:35	6:05	46	25:03	187	32:45	120.80	9:58:27	4:57	10	1:47:45	231 2:21:37
Kleiner Inselsber	13.90	1:18:10	5:37	29	19:55	136	25:19	134.70	11:16:37	5:01	13	2:00:31	231 2:46:22
Hohe Sonne	18.80	1:22:42	4:23	7	12:35	34	14:23	153.50	12:39:19	4:56	12	2:07:07	231 2:59:52
Hörschel	15.00	1:08:56	4:35	10	15:32	61	19:50	168.50	13:48:15	4:54	11	2:11:29	54 3:19:40