



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Treffurter Sperrachen Männer

□□□: 12:48:54

□□: 70

□□: 13.11 km/h

□□□□: 4:34 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 25 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 20(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.00 | 1:21:14 | 4:46 | 33 | 14:29 | 40 | 14:29 | 17.00 | 1:21:14 | 4:46 | 33 | 14:29 | 40 | 14:29 |
| Schildwiese | 19.20 | 1:39:09 | 5:09 | 110 | 32:59 | 154 | 32:59 | 36.20 | 3:00:23 | 4:58 | 67 | 45:14 | 88 | 45:14 |
| Neuhaus | 16.00 | 1:12:44 | 4:32 | 21 | 13:22 | 22 | 13:22 | 52.20 | 4:13:07 | 4:50 | 47 | 57:39 | 54 | 57:39 |
| Masserberg | 17.30 | 1:13:11 | 4:13 | 12 | 8:43 | 15 | 10:05 | 69.50 | 5:26:18 | 4:41 | 29 | 1:04:27 | 34 | 1:04:27 |
| Allzunah | 17.90 | 1:16:49 | 4:17 | 12 | 10:58 | 14 | 10:58 | 87.40 | 6:43:07 | 4:36 | 21 | 1:11:29 | 26 | 1:11:29 |
| Grenzdler | 20.00 | 1:31:16 | 4:33 | 42 | 20:08 | 61 | 21:29 | 107.40 | 8:14:23 | 4:36 | 23 | 1:28:35 | 28 | 1:28:35 |
| Neue Ausspanne | 13.40 | 57:08 | 4:15 | 12 | 8:18 | 14 | 8:18 | 120.80 | 9:11:31 | 4:33 | 23 | 1:34:41 | 28 | 1:34:41 |
| Kleiner Inselsber | 13.90 | 1:04:40 | 4:39 | 30 | 11:49 | 35 | 11:49 | 134.70 | 10:16:11 | 4:34 | 21 | 1:45:56 | 26 | 1:45:56 |
| Hohe Sonne | 18.80 | 1:24:57 | 4:31 | 36 | 16:38 | 44 | 16:38 | 153.50 | 11:41:08 | 4:34 | 20 | 2:01:41 | 24 | 2:01:41 |
| Hörschel | 15.00 | 1:07:46 | 4:31 | 43 | 18:40 | 48 | 18:40 | 168.50 | 12:48:54 | 4:33 | 21 | 2:20:19 | 26 | 2:20:19 |