



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

□□□□

Schlußleuchten

□□□: 13:51:26

□□: 142

□□: 12.12 km/h

□□□□: 4:56 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 56 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 12(of 73)

Mixstaffel

□□□□□□□: 11:36:46

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:31:24	5:22	33	17:40	121	24:39	17.00	1:31:24	5:22	33	17:40	231	24:39
Schildwiese	19.20	1:22:31	4:17	10	15:28	41	16:21	36.20	2:53:55	4:48	14	33:05	231	38:46
Neuhaus	16.00	1:28:50	5:33	23	13:18	123	29:28	52.20	4:22:45	5:02	15	46:23	231	1:07:17
Masserberg	17.30	1:25:48	4:57	15	22:42	83	22:42	69.50	5:48:33	5:00	13	1:05:29	231	1:26:42
Allzunah	17.90	1:32:53	5:11	17	17:45	98	27:02	87.40	7:21:26	5:03	11	1:21:34	231	1:49:48
Grenzdler	20.00	1:33:30	4:40	26	23:43	81	23:43	107.40	8:54:56	4:58	13	1:41:33	231	2:09:08
Neue Ausspanne	13.40	1:09:07	5:09	12	12:35	85	20:17	120.80	10:04:03	5:00	12	1:53:21	231	2:27:13
Kleiner Inselsber	13.90	1:06:46	4:48	7	8:31	48	13:55	134.70	11:10:49	4:58	11	1:54:43	231	2:40:34
Hohe Sonne	18.80	1:25:13	4:31	9	15:06	46	16:54	153.50	12:36:02	4:55	11	2:03:50	231	2:56:35
Hörschel	15.00	1:15:24	5:01	22	22:00	103	26:18	168.50	13:51:26	4:56	12	2:14:40	57	3:22:51