



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Running Gag

□□□: 13:35:11

□□: 203

□□: 12.37 km/h

□□□□: 4:50 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 43 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 36(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:16:42	4:30	15	9:57	19	9:57	17.00	1:16:42	4:30	15	9:57	19	9:57
Schildwiese	19.20	1:25:28	4:27	49	19:18	63	19:18	36.20	2:42:10	4:28	22	27:01	28	27:01
Neuhaus	16.00	1:22:38	5:09	64	23:16	78	23:16	52.20	4:04:48	4:41	31	49:20	36	49:20
Masserberg	17.30	1:32:48	5:21	105	28:20	136	29:42	69.50	5:37:36	4:51	46	1:15:45	53	1:15:45
Allzunah	17.90	1:34:00	5:15	82	28:09	105	28:09	87.40	7:11:36	4:56	51	1:39:58	59	1:39:58
Grenzadler	20.00	1:38:10	4:54	68	27:02	105	28:23	107.40	8:49:46	4:55	52	2:03:58	65	2:03:58
Neue Ausspanne	13.40	1:08:49	5:08	68	19:59	83	19:59	120.80	9:58:35	4:57	50	2:21:45	62	2:21:45
Kleiner Inselsber	13.90	1:04:36	4:38	29	11:45	34	11:45	134.70	11:03:11	4:55	44	2:32:56	55	2:32:56
Hohe Sonne	18.80	1:25:29	4:32	39	17:10	49	17:10	153.50	12:28:40	4:52	41	2:49:13	49	2:49:13
Hörschel	15.00	1:06:31	4:26	35	17:25	40	17:25	168.50	13:35:11	4:50	37	3:06:36	44	3:06:36