



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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LG Rippershausen

□□□: 13:35:32

□□: 150

□□: 12.36 km/h

□□□□: 4:50 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 44 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 37(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:29:26	5:15	67	22:41	96	22:41	17.00	1:29:26	5:15	67	22:41	96	22:41
Schildwiese	19.20	1:26:55	4:31	58	20:45	74	20:45	36.20	2:56:21	4:52	57	41:12	73	41:12
Neuhaus	16.00	1:12:49	4:33	22	13:27	23	13:27	52.20	4:09:10	4:46	37	53:42	43	53:42
Masserberg	17.30	1:26:48	5:01	70	22:20	87	23:42	69.50	5:35:58	4:50	41	1:14:07	47	1:14:07
Allzunah	17.90	1:32:33	5:10	76	26:42	95	26:42	87.40	7:08:31	4:54	44	1:36:53	52	1:36:53
Grenzdler	20.00	1:31:50	4:35	46	20:42	67	22:03	107.40	8:40:21	4:50	40	1:54:33	50	1:54:33
Neue Ausspanne	13.40	1:06:40	4:58	60	17:50	71	17:50	120.80	9:47:01	4:51	40	2:10:11	48	2:10:11
Kleiner Inselsber	13.90	1:01:25	4:25	15	8:34	17	8:34	134.70	10:48:26	4:48	37	2:18:11	43	2:18:11
Hohe Sonne	18.80	1:34:11	5:00	75	25:52	103	25:52	153.50	12:22:37	4:50	37	2:43:10	43	2:43:10
Hörschel	15.00	1:12:55	4:51	67	23:49	85	23:49	168.50	13:35:32	4:50	38	3:06:57	45	3:06:57