



# 17. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 20.06.2015

□□□□

fit&run Irrläufer

□□□: 14:37:15

□□: 161

□□: - km/h  
□□□□: 5:13 min/km

Enduro E Bike

□□□□□: 105 (of 230)

□□□□□□: 10:28:35

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□□□□□: 19(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:35:04	5:35	39	21:20	142	28:19	17.00	1:35:04	5:35	39	21:20	231	28:19
Schildwiese	19.20	1:32:00	4:47	25	24:57	109	25:50	36.20	3:07:04	5:10	26	46:14	231	51:55
Neuhaus	16.00	1:31:21	5:42	34	15:49	148	31:59	52.20	4:38:25	5:20	27	1:02:03	231	1:22:57
Masserberg	17.30	1:38:43	5:42	46	35:37	169	35:37	69.50	6:17:08	5:25	29	1:34:04	231	1:55:17
Allzunah	17.90	1:33:16	5:12	19	18:08	101	27:25	87.40	7:50:24	5:22	23	1:50:32	231	2:18:46
Grenzdler	20.00	1:35:11	4:45	27	25:24	86	25:24	107.40	9:25:35	5:15	23	2:12:12	231	2:39:47
Neue Ausspanne	13.40	1:03:46	4:45	5	7:14	44	14:56	120.80	10:29:21	5:12	16	2:18:39	231	2:52:31
Kleiner Inselsber	13.90	1:08:22	4:55	8	10:07	58	15:31	134.70	11:37:43	5:10	16	2:21:37	231	3:07:28
Hohe Sonne	18.80	1:43:56	5:31	44	33:49	162	35:37	153.50	13:21:39	5:13	17	2:49:27	231	3:42:12
Hirschel	15.00	1:15:36	5:02	23	22:12	105	26:30	-	14:37:15	-	19	3:00:29	106	4:08:40