



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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N3 Sportverein e.V.

□□□: 13:50:02

□□: 86

□□: 12.14 km/h  
□□□□: 4:56 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 54 (of 230)

□□□□□□: 10:28:35

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□□□□□: 41(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:29:31	5:15	68	22:46	97	22:46	17.00	1:29:31	5:15	68	22:46	97	22:46
Schildwiese	19.20	1:29:07	4:38	68	22:57	90	22:57	36.20	2:58:38	4:56	61	43:29	81	43:29
Neuhaus	16.00	1:20:32	5:01	48	21:10	58	21:10	52.20	4:19:10	4:57	55	1:03:42	69	1:03:42
Masserberg	17.30	1:20:49	4:40	38	16:21	44	17:43	69.50	5:39:59	4:53	49	1:18:08	57	1:18:08
Allzunah	17.90	1:29:39	5:00	66	23:48	79	23:48	87.40	7:09:38	4:54	46	1:38:00	54	1:38:00
Grenzadler	20.00	1:32:04	4:36	48	20:56	70	22:17	107.40	8:41:42	4:51	42	1:55:54	52	1:55:54
Neue Ausspanne	13.40	1:13:33	5:29	90	24:43	115	24:43	120.80	9:55:15	4:55	45	2:18:25	56	2:18:25
Kleiner Inselsber	13.90	1:04:44	4:39	31	11:53	36	11:53	134.70	10:59:59	4:53	40	2:29:44	48	2:29:44
Hohe Sonne	18.80	1:32:28	4:55	65	24:09	90	24:09	153.50	12:32:27	4:54	42	2:53:00	54	2:53:00
Hörschel	15.00	1:17:35	5:10	86	28:29	116	28:29	168.50	13:50:02	4:55	42	3:21:27	55	3:21:27