



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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MEDLETIK Laufteam

□□□: 13:51:54

□□: 136

□□: 12.12 km/h

□□□□: 4:56 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 59 (of 230)

□□□□□□: 10:28:35

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□□□□□: 44(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:32:40	5:27	92	25:55	131	25:55	17.00	1:32:40	5:27	92	25:55	131	25:55
Schildwiese	19.20	1:26:17	4:29	55	20:07	70	20:07	36.20	2:58:57	4:56	64	43:48	85	43:48
Neuhaus	16.00	1:23:30	5:13	67	24:08	82	24:08	52.20	4:22:27	5:01	61	1:06:59	78	1:06:59
Masserberg	17.30	1:36:14	5:33	115	31:46	162	33:08	69.50	5:58:41	5:09	79	1:36:50	100	1:36:50
Allzunah	17.90	1:24:47	4:44	35	18:56	43	18:56	87.40	7:23:28	5:04	67	1:51:50	82	1:51:50
Grenzdler	20.00	1:38:47	4:56	74	27:39	113	29:00	107.40	9:02:15	5:02	67	2:16:27	86	2:16:27
Neue Ausspanne	13.40	56:41	4:13	11	7:51	13	7:51	120.80	9:58:56	4:57	51	2:22:06	63	2:22:06
Kleiner Inselsber	13.90	1:11:59	5:10	66	19:08	82	19:08	134.70	11:10:55	4:58	52	2:40:40	66	2:40:40
Hohe Sonne	18.80	1:37:01	5:09	93	28:42	126	28:42	153.50	12:47:56	5:00	54	3:08:29	70	3:08:29
Hörschel	15.00	1:03:58	4:15	24	14:52	27	14:52	168.50	13:51:54	4:56	45	3:23:19	60	3:23:19