



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

□□□□

Erfurter UniKate

□□□: 14:52:30

□□: 212

□□: 11.29 km/h

□□□□: 5:18 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 120 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 22(of 73)

Mixstaffel

□□□□□□□: 11:36:46

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.00 | 1:32:15 | 5:25 | 35 | 18:31 | 128 | 25:30 | 17.00 | 1:32:15 | 5:25 | 35 | 18:31 | 231 | 25:30 |
| Schildwiese | 19.20 | 1:46:07 | 5:31 | 52 | 39:04 | 188 | 39:57 | 36.20 | 3:18:22 | 5:28 | 44 | 57:32 | 231 | 1:03:13 |
| Neuhaus | 16.00 | 1:26:24 | 5:24 | 17 | 10:52 | 103 | 27:02 | 52.20 | 4:44:46 | 5:27 | 36 | 1:08:24 | 231 | 1:29:18 |
| Masserberg | 17.30 | 1:26:19 | 4:59 | 16 | 23:13 | 85 | 23:13 | 69.50 | 6:11:05 | 5:20 | 25 | 1:28:01 | 231 | 1:49:14 |
| Allzunah | 17.90 | 1:34:12 | 5:15 | 22 | 19:04 | 107 | 28:21 | 87.40 | 7:45:17 | 5:19 | 21 | 1:45:25 | 231 | 2:13:39 |
| Grenzdler | 20.00 | 1:32:31 | 4:37 | 23 | 22:44 | 75 | 22:44 | 107.40 | 9:17:48 | 5:11 | 20 | 2:04:25 | 231 | 2:32:00 |
| Neue Ausspanne | 13.40 | 1:21:30 | 6:04 | 45 | 24:58 | 186 | 32:40 | 120.80 | 10:39:18 | 5:17 | 23 | 2:28:36 | 231 | 3:02:28 |
| Kleiner Inselsber | 13.90 | 1:21:18 | 5:50 | 40 | 23:03 | 162 | 28:27 | 134.70 | 12:00:36 | 5:20 | 24 | 2:44:30 | 231 | 3:30:21 |
| Hohe Sonne | 18.80 | 1:27:47 | 4:40 | 12 | 17:40 | 60 | 19:28 | 153.50 | 13:28:23 | 5:15 | 22 | 2:56:11 | 231 | 3:48:56 |
| Hörschel | 15.00 | 1:24:07 | 5:36 | 44 | 30:43 | 170 | 35:01 | 168.50 | 14:52:30 | 5:17 | 22 | 3:15:44 | 121 | 4:23:55 |