



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Rostock Aerospace Running Team

□□□: 14:07:34

□□: 54

□□: 11.89 km/h

□□□□: 5:02 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 75 (of 230)

□□□□□□: 10:28:35

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□□□□□: 59(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:30:58	5:21	78	24:13	112	24:13	17.00	1:30:58	5:21	78	24:13	112	24:13
Schildwiese	19.20	1:28:51	4:37	66	22:41	88	22:41	36.20	2:59:49	4:58	66	44:40	87	44:40
Neuhaus	16.00	1:22:18	5:08	58	22:56	70	22:56	52.20	4:22:07	5:01	60	1:06:39	77	1:06:39
Masserberg	17.30	1:30:44	5:14	94	26:16	121	27:38	69.50	5:52:51	5:04	66	1:31:00	84	1:31:00
Allzunah	17.90	1:36:13	5:22	91	30:22	119	30:22	87.40	7:29:04	5:08	73	1:57:26	91	1:57:26
Grenzdler	20.00	1:38:21	4:55	69	27:13	106	28:34	107.40	9:07:25	5:05	73	2:21:37	92	2:21:37
Neue Ausspanne	13.40	1:10:23	5:15	78	21:33	96	21:33	120.80	10:17:48	5:06	71	2:40:58	88	2:40:58
Kleiner Inselsber	13.90	1:08:42	4:56	50	15:51	59	15:51	134.70	11:26:30	5:05	65	2:56:15	82	2:56:15
Hohe Sonne	18.80	1:30:55	4:50	59	22:36	80	22:36	153.50	12:57:25	5:03	58	3:17:58	75	3:17:58
Hörschel	15.00	1:10:09	4:40	56	21:03	67	21:03	168.50	14:07:34	5:01	60	3:38:59	76	3:38:59