



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Dolmarhoppers

□□□: 14:15:25

□□: 224

□□: 11.78 km/h

□□□□: 5:05 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 82 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 65(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.00 | 1:30:12 | 5:18 | 72 | 23:27 | 104 | 23:27 | 17.00 | 1:30:12 | 5:18 | 72 | 23:27 | 104 | 23:27 |
| Schildwiese | 19.20 | 1:35:28 | 4:58 | 98 | 29:18 | 133 | 29:18 | 36.20 | 3:05:40 | 5:07 | 85 | 50:31 | 113 | 50:31 |
| Neuhaus | 16.00 | 1:21:54 | 5:07 | 54 | 22:32 | 66 | 22:32 | 52.20 | 4:27:34 | 5:07 | 75 | 1:12:06 | 95 | 1:12:06 |
| Masserberg | 17.30 | 1:20:28 | 4:39 | 34 | 16:00 | 40 | 17:22 | 69.50 | 5:48:02 | 5:00 | 58 | 1:26:11 | 69 | 1:26:11 |
| Allzunah | 17.90 | 1:22:11 | 4:35 | 28 | 16:20 | 35 | 16:20 | 87.40 | 7:10:13 | 4:55 | 48 | 1:38:35 | 56 | 1:38:35 |
| Grenzdler | 20.00 | 1:41:35 | 5:04 | 90 | 30:27 | 135 | 31:48 | 107.40 | 8:51:48 | 4:57 | 54 | 2:06:00 | 67 | 2:06:00 |
| Neue Ausspanne | 13.40 | 1:17:42 | 5:47 | 111 | 28:52 | 150 | 28:52 | 120.80 | 10:09:30 | 5:02 | 63 | 2:32:40 | 80 | 2:32:40 |
| Kleiner Inselsber | 13.90 | 1:17:52 | 5:36 | 100 | 25:01 | 131 | 25:01 | 134.70 | 11:27:22 | 5:06 | 66 | 2:57:07 | 83 | 2:57:07 |
| Hohe Sonne | 18.80 | 1:33:18 | 4:57 | 69 | 24:59 | 94 | 24:59 | 153.50 | 13:00:40 | 5:05 | 63 | 3:21:13 | 80 | 3:21:13 |
| Hörschel | 15.00 | 1:14:45 | 4:59 | 75 | 25:39 | 99 | 25:39 | 168.50 | 14:15:25 | 5:04 | 66 | 3:46:50 | 83 | 3:46:50 |