



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Arnstadt läuft

□□□: 14:15:35

□□: 189

□□: 11.78 km/h

□□□□: 5:05 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 83 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 66(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	2:01:14	7:07	144	54:29	228	54:29	17.00	2:01:14	7:07	144	54:29	228	54:29
Schildwiese	19.20	1:17:58	4:03	20	11:48	24	11:48	36.20	3:19:12	5:30	121	1:04:03	172	1:04:03
Neuhaus	16.00	1:19:48	4:59	41	20:26	48	20:26	52.20	4:39:00	5:20	96	1:23:32	127	1:23:32
Masserberg	17.30	1:30:59	5:15	96	26:31	124	27:53	69.50	6:09:59	5:19	94	1:48:08	120	1:48:08
Allzunah	17.90	1:26:02	4:48	43	20:11	52	20:11	87.40	7:36:01	5:13	83	2:04:23	103	2:04:23
Grenzdler	20.00	1:34:37	4:43	58	23:29	85	24:50	107.40	9:10:38	5:07	77	2:24:50	97	2:24:50
Neue Ausspanne	13.40	1:16:51	5:44	107	28:01	145	28:01	120.80	10:27:29	5:11	80	2:50:39	98	2:50:39
Kleiner Inselsber	13.90	1:07:12	4:50	44	14:21	52	14:21	134.70	11:34:41	5:09	74	3:04:26	92	3:04:26
Hohe Sonne	18.80	1:36:20	5:07	89	28:01	121	28:01	153.50	13:11:01	5:09	76	3:31:34	94	3:31:34
Hörschel	15.00	1:04:34	4:18	28	15:28	31	15:28	168.50	14:15:35	5:04	67	3:47:00	84	3:47:00