



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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EinsamRennerGenossenschaft

□□□: 15:14:44

□□: 79

□□: 11.02 km/h
□□□□: 5:26 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 141 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 28(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | □□ |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|------|----|---------|-----|---------|
| Grumbach | 17.00 | 1:30:23 | 5:19 | 29 | 16:39 | 108 | 23:38 | 17.00 | 1:30:23 | 5:19 | 29 | 16:39 | 231 | 23:38 |
| Schildwiese | 19.20 | 1:37:30 | 5:04 | 37 | 30:27 | 144 | 31:20 | 36.20 | 3:07:53 | 5:11 | 31 | 47:03 | 231 | 52:44 |
| Neuhaus | 16.00 | 1:34:06 | 5:52 | 44 | 18:34 | 166 | 34:44 | 52.20 | 4:41:59 | 5:24 | 29 | 1:05:37 | 231 | 1:26:31 |
| Masserberg | 17.30 | 1:38:51 | 5:42 | 47 | 35:45 | 171 | 35:45 | 69.50 | 6:20:50 | 5:28 | 33 | 1:37:46 | 231 | 1:58:59 |
| Allzunah | 17.90 | 1:40:52 | 5:38 | 35 | 25:44 | 153 | 35:01 | 87.40 | 8:01:42 | 5:30 | 32 | 2:01:50 | 231 | 2:30:04 |
| Grenzdler | 20.00 | 1:36:17 | 4:48 | 29 | 26:30 | 91 | 26:30 | 107.40 | 9:37:59 | 5:22 | 33 | 2:24:36 | 231 | 2:52:11 |
| Neue Ausspanne | 13.40 | 1:14:58 | 5:35 | 25 | 18:26 | 130 | 26:08 | 120.80 | 10:52:57 | 5:24 | 30 | 2:42:15 | 231 | 3:16:07 |
| Kleiner Inselsber | 13.90 | 1:19:01 | 5:41 | 34 | 20:46 | 145 | 26:10 | 134.70 | 12:11:58 | 5:26 | 29 | 2:55:52 | 231 | 3:41:43 |
| Hohe Sonne | 18.80 | 1:42:46 | 5:27 | 42 | 32:39 | 157 | 34:27 | 153.50 | 13:54:44 | 5:26 | 29 | 3:22:32 | 231 | 4:15:17 |
| Hörschel | 15.00 | 1:20:00 | 5:19 | 29 | 26:36 | 134 | 30:54 | 168.50 | 15:14:44 | 5:25 | 28 | 3:37:58 | 142 | 4:46:09 |