



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Alpenverein Jena

□□□: 15:04:25

□□: 188

□□: 11.15 km/h

□□□□: 5:21 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 93 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 73(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ | |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|---------|---------|-----------|-----------|---------|
| Grumbach | 17.60 | 1:24:21 | 4:47 | 32 | 17:09 | 40 | 17:09 | 17.60 | 1:24:21 | 4:47 | 32 | 17:09 | 40 | 17:09 |
| Schildwiese | 18.58 | 1:40:44 | 5:25 | 113 | 33:18 | 164 | 33:18 | 36.18 | 3:05:05 | 5:06 | 73 | 50:09 | 100 | 50:09 |
| Neuhaus | 13.54 | 1:18:07 | 5:46 | 107 | 27:35 | 135 | 27:35 | 49.72 | 4:23:12 | 5:17 | 81 | 1:12:26 | 104 | 1:12:26 |
| Masserberg | 19.86 | 1:39:50 | 5:01 | 40 | 22:30 | 63 | 22:30 | 69.58 | 6:03:02 | 5:13 | 63 | 1:34:56 | 80 | 1:34:56 |
| Allzunah | 17.89 | 1:42:13 | 5:42 | 96 | 31:40 | 138 | 31:40 | 87.47 | 7:45:15 | 5:19 | 67 | 2:06:36 | 87 | 2:06:36 |
| Grenzdler | 19.96 | 1:51:57 | 5:36 | 120 | 38:09 | 174 | 41:12 | 107.43 | 9:37:12 | 5:22 | 81 | 2:41:54 | 104 | 2:41:54 |
| Neue Ausspanne | 13.68 | 1:12:52 | 5:19 | 69 | 25:11 | 86 | 25:11 | 121.11 | 10:50:04 | 5:22 | 83 | 3:02:19 | 106 | 3:02:19 |
| Kleiner Inselsber | 13.90 | 1:23:43 | 6:01 | 121 | 31:19 | 169 | 31:19 | 135.01 | 12:13:47 | 5:26 | 86 | 3:33:38 | 109 | 3:33:38 |
| Hohe Sonne | 18.94 | 1:28:33 | 4:40 | 26 | 20:16 | 40 | 20:16 | 153.95 | 13:42:20 | 5:20 | 72 | 3:44:14 | 92 | 3:44:14 |
| Hörschel | 15.02 | 1:22:05 | 5:27 | 90 | 29:04 | 118 | 29:04 | 168.90 | 15:04:25 | 5:21 | 73 | 4:11:10 | 93 | 4:11:10 |