



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

□□□□

Fit & Run Wilde Fünfziger

□□□: 15:32:59

□□: 224

□□: 10.80 km/h
□□□□: 5:31 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 128 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 101(of 150)

Männerstaffel

□□□□□□□: 10:53:15

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:29:30	5:05	57	22:18	75	22:18	17.60	1:29:30	5:05	57	22:18	75	22:18
Schildwiese	18.58	1:30:29	4:52	61	23:03	85	23:03	36.18	2:59:59	4:58	52	45:03	70	45:03
Neuhaus	13.54	1:19:52	5:53	123	29:20	156	29:20	49.72	4:19:51	5:13	70	1:09:05	89	1:09:05
Masserberg	19.86	1:47:25	5:24	70	30:05	99	30:05	69.58	6:07:16	5:16	70	1:39:10	89	1:39:10
Allzunah	17.89	1:54:12	6:23	134	43:39	200	43:39	87.47	8:01:28	5:30	93	2:22:49	122	2:22:49
Grenzdler	19.96	1:50:55	5:33	114	37:07	165	40:10	107.43	9:52:23	5:30	101	2:57:05	131	2:57:05
Neue Ausspanne	13.68	1:20:16	5:52	105	32:35	147	32:35	121.11	11:12:39	5:33	100	3:24:54	131	3:24:54
Kleiner Inselsber	13.90	1:28:02	6:19	134	35:38	193	35:38	135.01	12:40:41	5:38	112	4:00:32	147	4:00:32
Hohe Sonne	18.94	1:29:22	4:43	30	21:05	45	21:05	153.95	14:10:03	5:31	95	4:11:57	124	4:11:57
Hörschel	15.02	1:22:56	5:31	94	29:55	124	29:55	168.90	15:32:59	5:31	101	4:39:44	128	4:39:44