



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

□□□□

Günters Männer

□□□: 10:56:23

□□: 130

□□: 15.36 km/h

□□□□: 3:53 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 2 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 2(of 150)

Männerstaffel

□□□□□□□: 10:53:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:13:49	4:11	8	6:37	10	6:37	17.60	1:13:49	4:11	8	6:37	10	6:37
Schildwiese	18.58	1:12:45	3:54	5	5:19	9	5:19	36.18	2:26:34	4:03	7	11:38	9	11:38
Neuhaus	13.54	52:19	3:51	2	1:47	2	1:47	49.72	3:18:53	4:00	4	8:07	4	8:07
Masserberg	19.86	1:17:45	3:54	2	0:25	2	0:25	69.58	4:36:38	3:58	3	8:32	3	8:32
Allzunah	17.89	1:12:17	4:02	4	1:44	4	1:44	87.47	5:48:55	3:59	3	10:16	3	10:16
Grenzdler	19.96	1:17:33	3:53	4	3:45	7	6:48	107.43	7:06:28	3:58	4	11:10	4	11:10
Neue Ausspanne	13.68	48:43	3:33	2	1:02	2	1:02	121.11	7:55:11	3:55	3	7:26	3	7:26
Kleiner Inselsber	13.90	55:02	3:57	4	2:38	5	2:38	135.01	8:50:13	3:55	3	10:04	3	10:04
Hohe Sonne	18.94	1:11:02	3:45	2	2:45	3	2:45	153.95	10:01:15	3:54	2	3:09	2	3:09
Hörschel	15.02	55:08	3:40	3	2:07	3	2:07	168.90	10:56:23	3:53	2	3:08	2	3:08