



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

□□□□

Die Spurenleser

□□□: 13:52:09

□□: 139

□□: 12.11 km/h

□□□□: 4:56 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 40 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 31(of 150)

Männerstaffel

□□□□□□□: 10:53:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:24:40	4:48	34	17:28	42	17:28	17.60	1:24:40	4:48	34	17:28	42	17:28
Schildwiese	18.58	1:31:05	4:54	65	23:39	93	23:39	36.18	2:55:45	4:51	43	40:49	58	40:49
Neuhaus	13.54	1:15:07	5:32	88	24:35	107	24:35	49.72	4:10:52	5:02	50	1:00:06	64	1:00:06
Masserberg	19.86	1:37:19	4:54	28	19:59	49	19:59	69.58	5:48:11	5:00	40	1:20:05	54	1:20:05
Allzunah	17.89	1:41:25	5:40	92	30:52	129	30:52	87.47	7:29:36	5:08	48	1:50:57	63	1:50:57
Grenzdler	19.96	1:27:06	4:21	22	13:18	33	16:21	107.43	8:56:42	4:59	39	2:01:24	51	2:01:24
Neue Ausspanne	13.68	1:06:19	4:50	44	18:38	51	18:38	121.11	10:03:01	4:58	35	2:15:16	47	2:15:16
Kleiner Inselsber	13.90	1:12:57	5:14	59	20:33	80	20:33	135.01	11:15:58	5:00	34	2:35:49	46	2:35:49
Hohe Sonne	18.94	1:29:52	4:44	33	21:35	48	21:35	153.95	12:45:50	4:58	32	2:47:44	43	2:47:44
Hörschel	15.02	1:06:19	4:24	21	13:18	26	13:18	168.90	13:52:09	4:55	31	2:58:54	40	2:58:54