



# 19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

□□□□

Gehlberger Waldstrolche

□□□: 14:00:33

□□: 216

□□: 12.06 km/h  
□□□□: 4:59 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 43 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 33(of 150)

Männerstaffel

□□□□□□□: 10:53:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:33:23	5:18	86	26:11	119	26:11	17.60	1:33:23	5:18	86	26:11	119	26:11
Schildwiese	18.58	1:24:16	4:32	37	16:50	52	16:50	36.18	2:57:39	4:54	45	42:43	60	42:43
Neuhaus	13.54	1:13:51	5:27	78	23:19	97	23:19	49.72	4:11:30	5:03	51	1:00:44	65	1:00:44
Masserberg	19.86	1:36:20	4:51	24	19:00	43	19:00	69.58	5:47:50	4:59	39	1:19:44	53	1:19:44
Allzunah	17.89	1:25:44	4:47	21	15:11	28	15:11	87.47	7:13:34	4:57	33	1:34:55	46	1:34:55
Grenzdler	19.96	1:40:11	5:01	79	26:23	118	29:26	107.43	8:53:45	4:58	38	1:58:27	50	1:58:27
Neue Ausspanne	13.68	1:11:41	5:14	65	24:00	81	24:00	121.11	10:05:26	4:59	37	2:17:41	49	2:17:41
Kleiner Inselsber	13.90	1:09:44	5:01	43	17:20	52	17:20	135.01	11:15:10	5:00	33	2:35:01	45	2:35:01
Hohe Sonne	18.94	1:38:46	5:12	82	30:29	115	30:29	153.95	12:53:56	5:01	35	2:55:50	47	2:55:50
Hörschel	15.02	1:06:37	4:26	23	13:36	28	13:36	168.90	14:00:33	4:58	33	3:07:18	43	3:07:18