



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

□□□□

Town&Country Haus, Blindenstaffel □□□: 15:40:50

□□: 577

□□: 10.71 km/h
□□□□: 5:34 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 138 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 30(of 69)

Mixstaffel

□□□□□□□: 11:51:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:30:02	5:06	19	21:04	79	22:50	17.60	1:30:02	5:06	19	21:04	233	22:50
Schildwiese	18.58	1:57:07	6:18	64	48:09	220	49:41	36.18	3:27:09	5:43	49	1:09:13	233	1:12:13
Neuhaus	13.54	1:29:22	6:36	56	28:13	211	38:50	49.72	4:56:31	5:57	53	1:22:31	233	1:45:45
Masserberg	19.86	1:50:58	5:35	33	32:09	125	33:38	69.58	6:47:29	5:51	48	1:54:20	233	2:19:23
Allzunah	17.89	1:42:01	5:42	36	27:51	136	31:28	87.47	8:29:30	5:49	45	2:21:37	233	2:50:51
Grenzdler	19.96	1:35:38	4:47	23	24:53	71	24:53	107.43	10:05:08	5:37	37	2:42:05	232	3:09:50
Neue Ausspanne	13.68	1:21:12	5:56	37	19:35	153	33:31	121.11	11:26:20	5:40	38	3:00:42	232	3:38:35
Kleiner Inselsber	13.90	1:25:59	6:11	43	31:08	182	33:35	135.01	12:52:19	5:43	41	3:24:18	232	4:12:10
Hohe Sonne	18.94	1:26:57	4:35	13	15:59	34	18:40	153.95	14:19:16	5:34	33	3:30:17	228	4:21:10
Hörschel	15.02	1:21:34	5:25	24	21:28	113	28:33	168.90	15:40:50	5:34	30	3:48:56	138	4:47:35