



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

□□□□

TU Ilmenau Runners ft. Sport Hoffmann: 11:33:46

□□: 185

□□: 171.30 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□: 14.79 km/h

□□□□: 4:03 min/km

□□□□□: 6 (of 236)

□□□□□□: 10:18:23

□□□□□: 5 (of 156)

□□□□□□□: 10:18:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:07:14	3:54	5	4:36	5	4:36	17.20	1:07:14	3:54	5	4:34	10	4:34
Schildwiese	20.10	1:13:13	3:38	4	5:17	5	6:51	37.30	2:20:27	3:45	5	7:53	10	7:53
Neuhaus	15.50	1:10:29	4:32	12	11:27	14	11:27	52.80	3:30:56	3:59	5	19:20	10	19:20
Masserberg	19.80	1:08:28	3:27	3	5:11	4	5:11	72.60	4:39:24	3:50	5	24:25	10	24:25
Allzunah	16.80	1:07:37	4:01	4	20:37	4	20:37	89.40	5:47:01	3:52	5	25:50	10	25:50
Grenzdler	19.80	1:16:31	3:51	2	2:41	4	4:42	109.20	7:03:32	3:52	5	28:31	10	28:31
Neue Ausspanne	13.80	1:16:17	5:31	109	26:03	138	26:03	123.00	8:19:49	4:03	5	54:16	10	54:16
Kleiner Inselsber	13.90	58:05	4:10	8	7:58	8	7:58	136.90	9:17:54	4:04	5	1:00:59	10	1:00:59
Hohe Sonne	19.70	1:09:56	3:32	2	2:26	3	2:26	156.60	10:27:50	4:00	5	1:03:25	10	1:03:25
Hörschel	14.70	1:05:56	4:29	19	11:58	22	11:58	171.30	11:33:46	4:03	5	1:15:23	6	1:15:23