



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Team Rückenwind

□□□: 14:36:12

□□: 195

□□: 11.71 km/h

□□□□: 5:07 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 92 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 73(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:46:05	6:10	148	43:27	215	43:27	17.20	1:46:05	6:10	71	43:25	103	43:25
Schildwiese	20.10	1:29:46	4:27	51	21:50	69	23:24	37.30	3:15:51	5:15	71	1:03:17	103	1:03:17
Neuhaus	15.50	1:21:13	5:14	57	22:11	75	22:11	52.80	4:37:04	5:14	71	1:25:28	103	1:25:28
Masserberg	19.80	1:34:02	4:44	109	30:45	141	30:45	72.60	6:11:06	5:06	71	1:56:07	103	1:56:07
Allzunah	16.80	1:36:21	5:44	95	49:21	129	49:21	89.40	7:47:27	5:13	71	2:26:16	103	2:26:16
Grenzdler	19.80	1:35:01	4:47	56	21:11	81	23:12	109.20	9:22:28	5:09	71	2:47:27	103	2:47:27
Neue Ausspanne	13.80	1:07:23	4:52	54	17:09	64	17:09	123.00	10:29:51	5:07	71	3:04:18	103	3:04:18
Kleiner Inselsber	13.90	1:07:59	4:53	40	17:52	49	17:52	136.90	11:37:50	5:05	71	3:20:55	103	3:20:55
Hohe Sonne	19.70	1:37:42	4:57	86	30:12	115	30:12	156.60	13:15:32	5:04	71	3:51:07	103	3:51:07
Hörschel	14.70	1:20:40	5:29	90	26:42	115	26:42	171.30	14:36:12	5:06	73	4:17:49	92	4:17:49