



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Thinking of you-Heiko

□□□: 14:38:10

□□: 192

□□: 11.68 km/h

□□□□: 5:08 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 95 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 76(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:24:00	4:53	66	21:22	83	21:22	17.20	1:24:00	4:53	74	21:20	108	21:20
Schildwiese	20.10	1:39:14	4:56	93	31:18	129	32:52	37.30	3:03:14	4:54	74	50:40	108	50:40
Neuhaus	15.50	1:19:22	5:07	50	20:20	64	20:20	52.80	4:22:36	4:58	74	1:11:00	108	1:11:00
Masserberg	19.80	1:30:25	4:33	77	27:08	100	27:08	72.60	5:53:01	4:51	74	1:38:02	108	1:38:02
Allzunah	16.80	1:22:37	4:55	21	35:37	27	35:37	89.40	7:15:38	4:52	74	1:54:27	108	1:54:27
Grenzdler	19.80	1:32:56	4:41	44	19:06	62	21:07	109.20	8:48:34	4:50	74	2:13:33	108	2:13:33
Neue Ausspanne	13.80	1:12:15	5:14	85	22:01	100	22:01	123.00	10:00:49	4:53	74	2:35:16	108	2:35:16
Kleiner Inselsber	13.90	1:08:15	4:54	43	18:08	52	18:08	136.90	11:09:04	4:53	74	2:52:09	108	2:52:09
Hohe Sonne	19.70	1:59:44	6:04	155	52:14	229	52:14	156.60	13:08:48	5:02	74	3:44:23	108	3:44:23
Hirschel	14.70	1:29:22	6:04	128	35:24	175	35:24	171.30	14:38:10	5:07	76	4:19:47	95	4:19:47