



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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SV Glückauf Sondershausen

□□□: 11:42:31

□□: 128

□□: 14.60 km/h
□□□□: 4:06 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 7 (of 236)

□□□□□□: 10:18:23

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□□□□□: 6(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:09:38	4:02	6	7:00	7	7:00	17.20	1:09:38	4:02	6	6:58	11	6:58
Schildwiese	20.10	1:11:30	3:33	3	3:34	4	5:08	37.30	2:21:08	3:47	6	8:34	11	8:34
Neuhaus	15.50	1:06:06	4:15	5	7:04	5	7:04	52.80	3:27:14	3:55	6	15:38	11	15:38
Masserberg	19.80	1:20:42	4:04	22	17:25	30	17:25	72.60	4:47:56	3:57	6	32:57	11	32:57
Allzunah	16.80	1:21:13	4:50	14	34:13	19	34:13	89.40	6:09:09	4:07	6	47:58	11	47:58
Grenzdler	19.80	1:18:54	3:59	6	5:04	8	7:05	109.20	7:28:03	4:06	6	53:02	11	53:02
Neue Ausspanne	13.80	57:03	4:08	8	6:49	9	6:49	123.00	8:25:06	4:06	6	59:33	11	59:33
Kleiner Inselsber	13.90	55:16	3:58	4	5:09	4	5:09	136.90	9:20:22	4:05	6	1:03:27	11	1:03:27
Hohe Sonne	19.70	1:18:04	3:57	10	10:34	15	10:34	156.60	10:38:26	4:04	6	1:14:01	11	1:14:01
Hörschel	14.70	1:04:05	4:21	13	10:07	14	10:07	171.30	11:42:31	4:06	6	1:24:08	7	1:24:08