



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Quarksahne Team Männer

□□□: 14:39:00

□□: 115

□□: 11.67 km/h

□□□□: 5:08 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 97 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 78(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:33:15	5:25	120	30:37	167	30:37	17.20	1:33:15	5:25	76	30:35	110	30:35
Schildwiese	20.10	1:30:03	4:28	52	22:07	71	23:41	37.30	3:03:18	4:54	76	50:44	110	50:44
Neuhaus	15.50	1:27:30	5:38	96	28:28	124	28:28	52.80	4:30:48	5:07	76	1:19:12	110	1:19:12
Masserberg	19.80	1:26:47	4:22	63	23:30	77	23:30	72.60	5:57:35	4:55	76	1:42:36	110	1:42:36
Allzunah	16.80	1:29:48	5:20	58	42:48	74	42:48	89.40	7:27:23	5:00	76	2:06:12	110	2:06:12
Grenzdler	19.80	1:39:07	5:00	77	25:17	107	27:18	109.20	9:06:30	5:00	76	2:31:29	110	2:31:29
Neue Ausspanne	13.80	1:10:05	5:04	66	19:51	81	19:51	123.00	10:16:35	5:00	76	2:51:02	110	2:51:02
Kleiner Inselsber	13.90	1:13:43	5:18	81	23:36	99	23:36	136.90	11:30:18	5:02	76	3:13:23	110	3:13:23
Hohe Sonne	19.70	1:42:41	5:12	114	35:11	157	35:11	156.60	13:12:59	5:03	76	3:48:34	110	3:48:34
Hörschel	14.70	1:26:01	5:51	119	32:03	157	32:03	171.30	14:39:00	5:07	78	4:20:37	97	4:20:37