



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Mühlhäuser Laufcombo

□□□: 14:41:05

□□: 203

□□: - km/h  
□□□□: 5:08 min/km

Enduro E Bike

□□□□□: 100 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 80(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:28:20	5:08	96	25:42	129	25:42	17.20	1:28:20	5:08	78	25:40	115	25:40
Schildwiese	20.10	1:28:41	4:24	45	20:45	61	22:19	37.30	2:57:01	4:44	78	44:27	115	44:27
Neuhaus	15.50	1:27:19	5:37	95	28:17	123	28:17	52.80	4:24:20	5:00	78	1:12:44	115	1:12:44
Masserberg	19.80	1:31:50	4:38	92	28:33	120	28:33	72.60	5:56:10	4:54	78	1:41:11	115	1:41:11
Allzunah	16.80	1:48:32	6:27	132	1:01:32	192	1:01:32	89.40	7:44:42	5:11	78	2:23:31	115	2:23:31
Grenzdler	19.80	1:46:11	5:21	111	32:21	153	34:22	109.20	9:30:53	5:13	78	2:55:52	115	2:55:52
Neue Ausspanne	13.80	1:06:56	4:51	50	16:42	59	16:42	123.00	10:37:49	5:11	78	3:12:16	115	3:12:16
Kleiner Inselsber	13.90	1:02:36	4:30	17	12:29	23	12:29	136.90	11:40:25	5:06	78	3:23:30	115	3:23:30
Hohe Sonne	19.70	1:30:20	4:35	50	22:50	67	22:50	156.60	13:10:45	5:02	78	3:46:20	115	3:46:20
Hirschel	14.70	1:30:20	6:08	131	36:22	180	36:22	-	14:41:05	-	80	4:22:42	100	4:22:42