



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

□□□□

Siemens Runners

□□□: 14:48:57

□□: 92

□□: 11.54 km/h

□□□□: 5:11 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 106 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 86(of 156)

Männerstaffel

□□□□□□□: 10:18:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:42:49	5:58	144	40:11	208	40:11	17.20	1:42:49	5:58	83	40:09	120	40:09
Schildwiese	20.10	1:34:26	4:41	74	26:30	98	28:04	37.30	3:17:15	5:17	83	1:04:41	120	1:04:41
Neuhaus	15.50	1:33:54	6:03	123	34:52	165	34:52	52.80	4:51:09	5:30	83	1:39:33	120	1:39:33
Masserberg	19.80	1:24:24	4:15	47	21:07	58	21:07	72.60	6:15:33	5:10	83	2:00:34	120	2:00:34
Allzunah	16.80	1:34:48	5:38	86	47:48	116	47:48	89.40	7:50:21	5:15	83	2:29:10	120	2:29:10
Grenzdler	19.80	1:34:54	4:47	55	21:04	78	23:05	109.20	9:25:15	5:10	83	2:50:14	120	2:50:14
Neue Ausspanne	13.80	1:12:51	5:16	89	22:37	106	22:37	123.00	10:38:06	5:11	83	3:12:33	120	3:12:33
Kleiner Inselsber	13.90	1:10:32	5:04	60	20:25	71	20:25	136.90	11:48:38	5:10	83	3:31:43	120	3:31:43
Hohe Sonne	19.70	1:43:41	5:15	118	36:11	164	36:11	156.60	13:32:19	5:11	83	4:07:54	120	4:07:54
Hörschel	14.70	1:16:38	5:12	68	22:40	85	22:40	171.30	14:48:57	5:11	86	4:30:34	106	4:30:34