



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

☐☐☐☐

coffee to go

☐☐: 182

☐☐: 171.30 km

Blankenstein-Hörschel

☐☐☐☐:

Männerstaffel

☐☐☐: 14:50:54

☐☐: 11.52 km/h

☐☐☐☐: 5:12 min/km

☐☐☐☐☐: 109 (of 236)

☐☐☐☐☐☐: 10:18:23

☐☐☐☐☐: 87(of 156)

☐☐☐☐☐☐☐: 10:18:23

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	
Grumbach	17.20	1:28:02	5:07	93	25:24	125	17.20	1:28:02	5:07	85	25:22	122	25:22
Schildwiese	20.10	1:41:13	5:02	100	33:17	144	37.30	3:09:15	5:04	85	56:41	122	56:41
Neuhaus	15.50	1:30:12	5:49	112	31:10	146	52.80	4:39:27	5:17	85	1:27:51	122	1:27:51
Masserberg	19.80	1:41:16	5:06	133	37:59	183	72.60	6:20:43	5:14	85	2:05:44	122	2:05:44
Allzunah	16.80	1:30:53	5:24	68	43:53	91	89.40	7:51:36	5:16	85	2:30:25	122	2:30:25
Grenzdler	19.80	1:37:38	4:55	66	23:48	92	109.20	9:29:14	5:12	85	2:54:13	122	2:54:13
Neue Ausspanne	13.80	1:04:06	4:38	29	13:52	34	123.00	10:33:20	5:08	85	3:07:47	122	3:07:47
Kleiner Inselsber	13.90	1:24:38	6:05	136	34:31	186	136.90	11:57:58	5:14	85	3:41:03	122	3:41:03
Hohe Sonne	19.70	1:38:39	5:00	92	31:09	125	156.60	13:36:37	5:12	85	4:12:12	122	4:12:12
Hörschel	14.70	1:14:17	5:03	54	20:19	63	171.30	14:50:54	5:12	87	4:32:31	109	4:32:31