



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Lauf und Kriechgesellschaft

□□□: 14:55:54

□□: 220

□□: 11.45 km/h  
□□□□: 5:14 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 116 (of 236)

□□□□□□: 10:18:23

□□□□:

Männerstaffel

□□□□□: 93(of 156)

□□□□□□□: 10:18:23

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| □□□               | □□    | □□      | □□     | □□  | □□    | □□  | □□    | □□□    | □□□      | □□□    | □□ | □□      | □□  | □□      |
|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
|                   | km    | □□      | min/km | -   | -     | □□□ | □□□   | km     | □□       | min/km | -  | -       | □□□ | □□□     |
| Grumbach          | 17.20 | 1:32:03 | 5:21   | 117 | 29:25 | 162 | 29:25 | 17.20  | 1:32:03  | 5:21   | 91 | 29:23   | 129 | 29:23   |
| Schildwiese       | 20.10 | 1:40:22 | 4:59   | 95  | 32:26 | 134 | 34:00 | 37.30  | 3:12:25  | 5:09   | 91 | 59:51   | 129 | 59:51   |
| Neuhaus           | 15.50 | 1:18:09 | 5:02   | 47  | 19:07 | 58  | 19:07 | 52.80  | 4:30:34  | 5:07   | 91 | 1:18:58 | 129 | 1:18:58 |
| Masserberg        | 19.80 | 1:39:30 | 5:01   | 129 | 36:13 | 176 | 36:13 | 72.60  | 6:10:04  | 5:05   | 91 | 1:55:05 | 129 | 1:55:05 |
| Allzunah          | 16.80 | 1:40:21 | 5:58   | 110 | 53:21 | 150 | 53:21 | 89.40  | 7:50:25  | 5:15   | 91 | 2:29:14 | 129 | 2:29:14 |
| Grenzdler         | 19.80 | 1:31:17 | 4:36   | 33  | 17:27 | 46  | 19:28 | 109.20 | 9:21:42  | 5:08   | 91 | 2:46:41 | 129 | 2:46:41 |
| Neue Ausspanne    | 13.80 | 1:07:49 | 4:54   | 57  | 17:35 | 68  | 17:35 | 123.00 | 10:29:31 | 5:07   | 91 | 3:03:58 | 129 | 3:03:58 |
| Kleiner Inselsber | 13.90 | 1:28:22 | 6:21   | 144 | 38:15 | 202 | 38:15 | 136.90 | 11:57:53 | 5:14   | 91 | 3:40:58 | 129 | 3:40:58 |
| Hohe Sonne        | 19.70 | 1:38:42 | 5:00   | 93  | 31:12 | 126 | 31:12 | 156.60 | 13:36:35 | 5:12   | 91 | 4:12:10 | 129 | 4:12:10 |
| Hörschel          | 14.70 | 1:19:19 | 5:23   | 84  | 25:21 | 107 | 25:21 | 171.30 | 14:55:54 | 5:13   | 93 | 4:37:31 | 116 | 4:37:31 |