



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

□□□□

Montagsläufer

□□□: 15:59:09

□□: 39

□□: 10.72 km/h
□□□□: 5:36 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 172 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 34(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.20 | 1:30:58 | 5:17 | 37 | 21:31 | 155 | 28:20 | 17.20 | 1:30:58 | 5:17 | 2 | 2:41 | 237 | 28:18 |
| Schildwiese | 20.10 | 1:33:39 | 4:39 | 21 | 27:17 | 96 | 27:17 | 37.30 | 3:04:37 | 4:56 | 2 | | 237 | 52:03 |
| Neuhaus | 15.50 | 1:29:09 | 5:45 | 26 | 19:18 | 137 | 30:07 | 52.80 | 4:33:46 | 5:11 | 2 | | 237 | 1:22:10 |
| Masserberg | 19.80 | 1:40:06 | 5:03 | 41 | 32:11 | 181 | 36:49 | 72.60 | 6:13:52 | 5:08 | 2 | | 237 | 1:58:53 |
| Allzunah | 16.80 | 1:34:15 | 5:36 | 25 | 20:32 | 114 | 47:15 | 89.40 | 7:48:07 | 5:14 | 2 | | 237 | 2:26:56 |
| Grenzdler | 19.80 | 1:59:18 | 6:01 | 59 | 47:29 | 217 | 47:29 | 109.20 | 9:47:25 | 5:22 | 2 | | 237 | 3:12:24 |
| Neue Ausspanne | 13.80 | 1:30:15 | 6:32 | 52 | 34:08 | 217 | 40:01 | 123.00 | 11:17:40 | 5:30 | 2 | | 237 | 3:52:07 |
| Kleiner Inselsber | 13.90 | 1:32:34 | 6:39 | 55 | 34:29 | 222 | 42:27 | 136.90 | 12:50:14 | 5:37 | 2 | | 237 | 4:33:19 |
| Hohe Sonne | 19.70 | 1:53:16 | 5:44 | 54 | 43:27 | 209 | 45:46 | 156.60 | 14:43:30 | 5:38 | 2 | | 237 | 5:19:05 |
| Hörschel | 14.70 | 1:15:39 | 5:08 | 13 | 14:58 | 79 | 21:41 | 171.30 | 15:59:09 | 5:35 | 34 | 4:34:19 | 172 | 5:40:46 |