



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

□□□□

Guude Laune

□□□: 15:02:00

□□: 83

□□: 11.39 km/h
□□□□: 5:16 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 122 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 99(of 156)

Männerstaffel

□□□□□□□: 10:18:23

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:28:12	5:07	95	25:34	127	25:34	17.20	1:28:12	5:07	98	25:32	140	25:32
Schildwiese	20.10	1:24:17	4:11	21	16:21	33	17:55	37.30	2:52:29	4:37	98	39:55	140	39:55
Neuhaus	15.50	1:28:03	5:40	101	29:01	130	29:01	52.80	4:20:32	4:56	98	1:08:56	140	1:08:56
Masserberg	19.80	1:30:18	4:33	75	27:01	98	27:01	72.60	5:50:50	4:49	98	1:35:51	140	1:35:51
Allzunah	16.80	1:50:59	6:36	143	1:03:59	209	1:03:59	89.40	7:41:49	5:09	98	2:20:38	140	2:20:38
Grenzdler	19.80	1:47:59	5:27	121	34:09	170	36:10	109.20	9:29:48	5:13	98	2:54:47	140	2:54:47
Neue Ausspanne	13.80	1:10:24	5:06	74	20:10	89	20:10	123.00	10:40:12	5:12	98	3:14:39	140	3:14:39
Kleiner Inselsber	13.90	1:20:24	5:47	122	30:17	155	30:17	136.90	12:00:36	5:15	98	3:43:41	140	3:43:41
Hohe Sonne	19.70	1:57:13	5:57	150	49:43	221	49:43	156.60	13:57:49	5:21	98	4:33:24	140	4:33:24
Hörschel	14.70	1:04:11	4:21	15	10:13	16	10:13	171.30	15:02:00	5:15	99	4:43:37	122	4:43:37