



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Bed Race Old Stars

□□□: 15:05:42

□□: 142

□□: 11.33 km/h
□□□□: 5:17 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 125 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 101(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:33:58	5:27	124	31:20	174	31:20	17.20	1:33:58	5:27	101	31:18	144	31:18
Schildwiese	20.10	1:27:48	4:22	37	19:52	52	21:26	37.30	3:01:46	4:52	101	49:12	144	49:12
Neuhaus	15.50	1:40:51	6:30	140	41:49	196	41:49	52.80	4:42:37	5:21	101	1:31:01	144	1:31:01
Masserberg	19.80	2:08:04	6:28	153	1:04:47	230	1:04:47	72.60	6:50:41	5:39	101	2:35:42	144	2:35:42
Allzunah	16.80	1:20:00	4:45	13	33:00	17	33:00	89.40	8:10:41	5:29	101	2:49:30	144	2:49:30
Grenzdler	19.80	1:38:03	4:57	70	24:13	98	26:14	109.20	9:48:44	5:23	101	3:13:43	144	3:13:43
Neue Ausspanne	13.80	1:13:31	5:19	93	23:17	111	23:17	123.00	11:02:15	5:23	101	3:36:42	144	3:36:42
Kleiner Inselsber	13.90	1:10:18	5:03	58	20:11	69	20:11	136.90	12:12:33	5:21	101	3:55:38	144	3:55:38
Hohe Sonne	19.70	1:41:46	5:09	111	34:16	151	34:16	156.60	13:54:19	5:19	101	4:29:54	144	4:29:54
Hörschel	14.70	1:11:23	4:51	41	17:25	50	17:25	171.30	15:05:42	5:17	101	4:47:19	125	4:47:19