



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Lauffreunde Gotha

□□□: 15:06:00

□□: 204

□□: 11.34 km/h
□□□□: 5:17 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 126 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 102(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:21:57 | 4:45 | 48 | 19:19 | 63 | 19:19 | 17.20 | 1:21:57 | 4:45 | 102 | 19:17 | 145 | 19:17 |
| Schildwiese | 20.10 | 1:44:33 | 5:12 | 118 | 36:37 | 167 | 38:11 | 37.30 | 3:06:30 | 5:00 | 102 | 53:56 | 145 | 53:56 |
| Neuhaus | 15.50 | 1:47:47 | 6:57 | 149 | 48:45 | 223 | 48:45 | 52.80 | 4:54:17 | 5:34 | 102 | 1:42:41 | 145 | 1:42:41 |
| Masserberg | 19.80 | 1:33:48 | 4:44 | 106 | 30:31 | 138 | 30:31 | 72.60 | 6:28:05 | 5:20 | 102 | 2:13:06 | 145 | 2:13:06 |
| Allzunah | 16.80 | 1:29:17 | 5:18 | 56 | 42:17 | 71 | 42:17 | 89.40 | 7:57:22 | 5:20 | 102 | 2:36:11 | 145 | 2:36:11 |
| Grenzdler | 19.80 | 1:31:09 | 4:36 | 30 | 17:19 | 43 | 19:20 | 109.20 | 9:28:31 | 5:12 | 102 | 2:53:30 | 145 | 2:53:30 |
| Neue Ausspanne | 13.80 | 1:24:13 | 6:06 | 142 | 33:59 | 192 | 33:59 | 123.00 | 10:52:44 | 5:18 | 102 | 3:27:11 | 145 | 3:27:11 |
| Kleiner Inselsber | 13.90 | 1:15:15 | 5:24 | 96 | 25:08 | 115 | 25:08 | 136.90 | 12:07:59 | 5:19 | 102 | 3:51:04 | 145 | 3:51:04 |
| Hohe Sonne | 19.70 | 1:25:31 | 4:20 | 26 | 18:01 | 38 | 18:01 | 156.60 | 13:33:30 | 5:11 | 102 | 4:09:05 | 145 | 4:09:05 |
| Hirschel | 14.70 | 1:32:30 | 6:17 | 135 | 38:32 | 188 | 38:32 | 171.30 | 15:06:00 | 5:17 | 102 | 4:47:37 | 126 | 4:47:37 |