



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

□□□□

TechnoTeam

□□□: 15:11:05

□□: 109

□□: 11.26 km/h
□□□□: 5:19 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 130 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 106(of 156)

Männerstaffel

□□□□□□□: 10:18:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.20	1:22:44	4:48	52	20:06	68	20:06	17.20	1:22:44	4:48	106	20:04	151	20:04
Schildwiese	20.10	1:45:14	5:14	124	37:18	178	38:52	37.30	3:07:58	5:02	106	55:24	151	55:24
Neuhaus	15.50	1:18:06	5:02	46	19:04	57	19:04	52.80	4:26:04	5:02	106	1:14:28	151	1:14:28
Masserberg	19.80	1:26:23	4:21	61	23:06	74	23:06	72.60	5:52:27	4:51	106	1:37:28	151	1:37:28
Allzunah	16.80	1:48:28	6:27	131	1:01:28	191	1:01:28	89.40	7:40:55	5:09	106	2:19:44	151	2:19:44
Grenzdler	19.80	2:08:51	6:30	152	55:01	225	57:02	109.20	9:49:46	5:24	106	3:14:45	151	3:14:45
Neue Ausspanne	13.80	1:17:11	5:35	118	26:57	153	26:57	123.00	11:06:57	5:25	106	3:41:24	151	3:41:24
Kleiner Inselsber	13.90	1:06:46	4:48	29	16:39	37	16:39	136.90	12:13:43	5:21	106	3:56:48	151	3:56:48
Hohe Sonne	19.70	1:35:18	4:50	76	27:48	100	27:48	156.60	13:49:01	5:17	106	4:24:36	151	4:24:36
Hörschel	14.70	1:22:04	5:34	98	28:06	123	28:06	171.30	15:11:05	5:19	106	4:52:42	130	4:52:42