



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Roten Socken

□□□: 15:16:22

□□: 202

□□: 11.22 km/h  
□□□□: 5:21 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 136 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 110(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:29:09	5:10	105	26:31	139	26:31	17.20	1:29:09	5:10	110	26:29	156	26:29
Schildwiese	20.10	1:36:19	4:47	82	28:23	108	29:57	37.30	3:05:28	4:58	110	52:54	156	52:54
Neuhaus	15.50	1:27:59	5:40	99	28:57	128	28:57	52.80	4:33:27	5:10	110	1:21:51	156	1:21:51
Masserberg	19.80	1:31:58	4:38	96	28:41	124	28:41	72.60	6:05:25	5:01	110	1:50:26	156	1:50:26
Allzunah	16.80	1:42:07	6:04	113	55:07	159	55:07	89.40	7:47:32	5:13	110	2:26:21	156	2:26:21
Grenzdler	19.80	1:57:40	5:56	140	43:50	208	45:51	109.20	9:45:12	5:21	110	3:10:11	156	3:10:11
Neue Ausspanne	13.80	1:09:34	5:02	65	19:20	77	19:20	123.00	10:54:46	5:19	110	3:29:13	156	3:29:13
Kleiner Inselsber	13.90	1:08:07	4:54	42	18:00	51	18:00	136.90	12:02:53	5:16	110	3:45:58	156	3:45:58
Hohe Sonne	19.70	1:51:33	5:39	141	44:03	204	44:03	156.60	13:54:26	5:19	110	4:30:01	156	4:30:01
Hirschel	14.70	1:21:56	5:34	97	27:58	122	27:58	171.30	15:16:22	5:20	110	4:57:59	136	4:57:59