



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Skiverein Weismain

□□□: 15:17:36

□□: 145

□□: 11.20 km/h
□□□□: 5:22 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 139 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 113(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:23:55 | 4:52 | 65 | 21:17 | 82 | 21:17 | 17.20 | 1:23:55 | 4:52 | 113 | 21:15 | 161 | 21:15 |
| Schildwiese | 20.10 | 1:44:51 | 5:12 | 119 | 36:55 | 170 | 38:29 | 37.30 | 3:08:46 | 5:03 | 113 | 56:12 | 161 | 56:12 |
| Neuhaus | 15.50 | 1:29:33 | 5:46 | 110 | 30:31 | 141 | 30:31 | 52.80 | 4:38:19 | 5:16 | 113 | 1:26:43 | 161 | 1:26:43 |
| Masserberg | 19.80 | 1:34:13 | 4:45 | 111 | 30:56 | 143 | 30:56 | 72.60 | 6:12:32 | 5:07 | 113 | 1:57:33 | 161 | 1:57:33 |
| Allzunah | 16.80 | 1:41:05 | 6:01 | 111 | 54:05 | 151 | 54:05 | 89.40 | 7:53:37 | 5:17 | 113 | 2:32:26 | 161 | 2:32:26 |
| Grenzadler | 19.80 | 1:47:24 | 5:25 | 118 | 33:34 | 166 | 35:35 | 109.20 | 9:41:01 | 5:19 | 113 | 3:06:00 | 161 | 3:06:00 |
| Neue Ausspanne | 13.80 | 1:03:26 | 4:35 | 24 | 13:12 | 28 | 13:12 | 123.00 | 10:44:27 | 5:14 | 113 | 3:18:54 | 161 | 3:18:54 |
| Kleiner Inselsber | 13.90 | 1:00:20 | 4:20 | 9 | 10:13 | 12 | 10:13 | 136.90 | 11:44:47 | 5:08 | 113 | 3:27:52 | 161 | 3:27:52 |
| Hohe Sonne | 19.70 | 1:51:19 | 5:39 | 139 | 43:49 | 200 | 43:49 | 156.60 | 13:36:06 | 5:12 | 113 | 4:11:41 | 161 | 4:11:41 |
| Hörschel | 14.70 | 1:41:30 | 6:54 | 150 | 47:32 | 220 | 47:32 | 171.30 | 15:17:36 | 5:21 | 113 | 4:59:13 | 139 | 4:59:13 |