



# 15. Rennsteig-Staffellauf

Blankenstein bis Hürschel / 22.06.2013

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Osterlaufteam Heyda

□□□: 16:04:15

□□: 226

□□: 10.64 km/h  
□□□□: 5:38 min/km

□□: 171.30 km

Blankenstein-Hürschel

□□□□□: 179 (of 236)

□□□□□□: 10:18:23

□□□□:

Männerstaffel

□□□□□: 136(of 156)

□□□□□□□: 10:18:23

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:36:14	5:35	134	33:36	187	33:36	17.20	1:36:14	5:35	114	33:34	164	33:34
Schildwiese	20.10	2:20:18	6:58	155	1:12:22	232	1:13:56	37.30	3:56:32	6:20	114	1:43:58	164	1:43:58
Neuhaus	15.50	1:43:27	6:40	147	44:25	214	44:25	52.80	5:39:59	6:26	114	2:28:23	164	2:28:23
Masserberg	19.80	1:43:17	5:12	138	40:00	193	40:00	72.60	7:23:16	6:06	114	3:08:17	164	3:08:17
Allzunah	16.80	1:36:19	5:43	94	49:19	128	49:19	89.40	8:59:35	6:02	114	3:38:24	164	3:38:24
Grenzdler	19.80	1:42:24	5:10	93	28:34	127	30:35	109.20	10:41:59	5:52	114	4:06:58	164	4:06:58
Neue Ausspanne	13.80	1:23:34	6:03	140	33:20	189	33:20	123.00	12:05:33	5:53	114	4:40:00	164	4:40:00
Kleiner Inselsber	13.90	1:11:52	5:10	68	21:45	81	21:45	136.90	13:17:25	5:49	114	5:00:30	164	5:00:30
Hohe Sonne	19.70	1:40:00	5:04	103	32:30	138	32:30	156.60	14:57:25	5:43	114	5:33:00	164	5:33:00
Hürschel	14.70	1:06:50	4:32	25	12:52	29	12:52	171.30	16:04:15	5:37	136	5:45:52	179	5:45:52