



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Meiselläufer

□□□: 15:26:27

□□: 159

□□: 11.07 km/h

□□□□: 5:25 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 148 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 118(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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|-------------------|-------|---------|--------|-----|---------|-----|---------|--------|----------|--------|-----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.20 | 1:33:35 | 5:26 | 122 | 30:57 | 170 | 30:57 | 17.20 | 1:33:35 | 5:26 | 119 | 30:55 | 169 | 30:55 |
| Schildwiese | 20.10 | 1:26:34 | 4:18 | 31 | 18:38 | 44 | 20:12 | 37.30 | 3:00:09 | 4:49 | 119 | 47:35 | 169 | 47:35 |
| Neuhaus | 15.50 | 1:35:49 | 6:10 | 129 | 36:47 | 177 | 36:47 | 52.80 | 4:35:58 | 5:13 | 119 | 1:24:22 | 169 | 1:24:22 |
| Masserberg | 19.80 | 1:33:54 | 4:44 | 108 | 30:37 | 140 | 30:37 | 72.60 | 6:09:52 | 5:05 | 119 | 1:54:53 | 169 | 1:54:53 |
| Allzunah | 16.80 | 1:50:24 | 6:34 | 140 | 1:03:24 | 204 | 1:03:24 | 89.40 | 8:00:16 | 5:22 | 119 | 2:39:05 | 169 | 2:39:05 |
| Grenzdler | 19.80 | 1:47:46 | 5:26 | 120 | 33:56 | 169 | 35:57 | 109.20 | 9:48:02 | 5:23 | 119 | 3:13:01 | 169 | 3:13:01 |
| Neue Ausspanne | 13.80 | 1:21:26 | 5:54 | 129 | 31:12 | 174 | 31:12 | 123.00 | 11:09:28 | 5:26 | 119 | 3:43:55 | 169 | 3:43:55 |
| Kleiner Inselsber | 13.90 | 1:13:48 | 5:18 | 83 | 23:41 | 101 | 23:41 | 136.90 | 12:23:16 | 5:25 | 119 | 4:06:21 | 169 | 4:06:21 |
| Hohe Sonne | 19.70 | 1:38:36 | 5:00 | 91 | 31:06 | 124 | 31:06 | 156.60 | 14:01:52 | 5:22 | 119 | 4:37:27 | 169 | 4:37:27 |
| Hörschel | 14.70 | 1:24:35 | 5:45 | 113 | 30:37 | 146 | 30:37 | 171.30 | 15:26:27 | 5:24 | 118 | 5:08:04 | 148 | 5:08:04 |