



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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KS-sportsworld Jungs

□□□: 12:38:43

□□: 213

□□: 13.55 km/h

□□□□: 4:26 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 13 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 8(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|---------|-----------|-----------|
| Grumbach          | 17.20    | 1:15:28  | 4:23         | 18      | 12:50   | 28        | 12:50     | 17.20     | 1:15:28   | 4:23          | 8       | 12:48   | 17        | 12:48     |
| Schildwiese       | 20.10    | 1:26:26  | 4:18         | 30      | 18:30   | 43        | 20:04     | 37.30     | 2:41:54   | 4:20          | 8       | 29:20   | 17        | 29:20     |
| Neuhaus           | 15.50    | 1:10:26  | 4:32         | 11      | 11:24   | 13        | 11:24     | 52.80     | 3:52:20   | 4:24          | 8       | 40:44   | 17        | 40:44     |
| Masserberg        | 19.80    | 1:26:26  | 4:21         | 62      | 23:09   | 75        | 23:09     | 72.60     | 5:18:46   | 4:23          | 8       | 1:03:47 | 17        | 1:03:47   |
| Allzunah          | 16.80    | 1:26:56  | 5:10         | 42      | 39:56   | 54        | 39:56     | 89.40     | 6:45:42   | 4:32          | 8       | 1:24:31 | 17        | 1:24:31   |
| Grenzadler        | 19.80    | 1:19:15  | 4:00         | 8       | 5:25    | 10        | 7:26      | 109.20    | 8:04:57   | 4:26          | 8       | 1:29:56 | 17        | 1:29:56   |
| Neue Ausspanne    | 13.80    | 1:05:24  | 4:44         | 39      | 15:10   | 45        | 15:10     | 123.00    | 9:10:21   | 4:28          | 8       | 1:44:48 | 17        | 1:44:48   |
| Kleiner Inselsber | 13.90    | 1:12:38  | 5:13         | 73      | 22:31   | 89        | 22:31     | 136.90    | 10:22:59  | 4:33          | 8       | 2:06:04 | 17        | 2:06:04   |
| Hohe Sonne        | 19.70    | 1:17:16  | 3:55         | 8       | 9:46    | 10        | 9:46      | 156.60    | 11:40:15  | 4:28          | 8       | 2:15:50 | 17        | 2:15:50   |
| Hörschel          | 14.70    | 58:28    | 3:58         | 4       | 4:30    | 4         | 4:30      | 171.30    | 12:38:43  | 4:25          | 8       | 2:20:20 | 13        | 2:20:20   |