



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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sc impuls 1

□□□: 12:41:13

□□: 111

□□: 13.48 km/h  
□□□□: 4:26 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 14 (of 236)

□□□□□□: 10:18:23

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□□□□□: 9(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:28:24	5:08	99	25:46	132	25:46	17.20	1:28:24	5:08	9	25:44	18	25:44
Schildwiese	20.10	1:15:23	3:45	7	7:27	9	9:01	37.30	2:43:47	4:23	9	31:13	18	31:13
Neuhaus	15.50	1:06:20	4:16	6	7:18	6	7:18	52.80	3:50:07	4:21	9	38:31	18	38:31
Masserberg	19.80	1:09:32	3:30	5	6:15	7	6:15	72.60	4:59:39	4:07	9	44:40	18	44:40
Allzunah	16.80	1:22:20	4:54	17	35:20	23	35:20	89.40	6:21:59	4:16	9	1:00:48	18	1:00:48
Grenzdler	19.80	1:52:08	5:39	134	38:18	191	40:19	109.20	8:14:07	4:31	9	1:39:06	18	1:39:06
Neue Ausspanne	13.80	58:28	4:14	10	8:14	11	8:14	123.00	9:12:35	4:29	9	1:47:02	18	1:47:02
Kleiner Inselsber	13.90	1:00:53	4:22	10	10:46	15	10:46	136.90	10:13:28	4:28	9	1:56:33	18	1:56:33
Hohe Sonne	19.70	1:27:06	4:25	36	19:36	49	19:36	156.60	11:40:34	4:28	9	2:16:09	18	2:16:09
Hirschel	14.70	1:00:39	4:07	9	6:41	9	6:41	171.30	12:41:13	4:26	9	2:22:50	14	2:22:50