



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Narrenstaffel I

□□□: 16:19:53

□□: 117

□□: 10.47 km/h

□□□□: 5:43 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 190 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 143(of 156)

Männerstaffel

□□□□□□: 10:18:23

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□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach          | 17.20    | 1:35:07  | 5:31         | 129     | 32:29   | 180       | 32:29     | 17.20  | 1:35:07  | 5:31 | 128     | 32:27   | 183       | 32:27     |
| Schildwiese       | 20.10    | 1:36:21  | 4:47         | 83      | 28:25   | 109       | 29:59     | 37.30  | 3:11:28  | 5:07 | 128     | 58:54   | 183       | 58:54     |
| Neuhaus           | 15.50    | 1:19:26  | 5:07         | 51      | 20:24   | 65        | 20:24     | 52.80  | 4:30:54  | 5:07 | 128     | 1:19:18 | 183       | 1:19:18   |
| Masserberg        | 19.80    | 1:40:04  | 5:03         | 132     | 36:47   | 180       | 36:47     | 72.60  | 6:10:58  | 5:06 | 128     | 1:55:59 | 183       | 1:55:59   |
| Allzunah          | 16.80    | 2:04:17  | 7:23         | 153     | 1:17:17 | 230       | 1:17:17   | 89.40  | 8:15:15  | 5:32 | 128     | 2:54:04 | 183       | 2:54:04   |
| Grenzdler         | 19.80    | 2:27:53  | 7:28         | 156     | 1:14:03 | 236       | 1:16:04   | 109.20 | 10:43:08 | 5:53 | 128     | 4:08:07 | 183       | 4:08:07   |
| Neue Ausspanne    | 13.80    | 1:06:46  | 4:50         | 48      | 16:32   | 56        | 16:32     | 123.00 | 11:49:54 | 5:46 | 128     | 4:24:21 | 183       | 4:24:21   |
| Kleiner Inselsber | 13.90    | 1:32:16  | 6:38         | 152     | 42:09   | 220       | 42:09     | 136.90 | 13:22:10 | 5:51 | 128     | 5:05:15 | 183       | 5:05:15   |
| Hohe Sonne        | 19.70    | 1:33:10  | 4:43         | 64      | 25:40   | 86        | 25:40     | 156.60 | 14:55:20 | 5:43 | 128     | 5:30:55 | 183       | 5:30:55   |
| Hirschel          | 14.70    | 1:24:33  | 5:45         | 112     | 30:35   | 145       | 30:35     | 171.30 | 16:19:53 | 5:43 | 143     | 6:01:30 | 190       | 6:01:30   |