



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Go for Golf

□□: 54

□□: 171.30 km

Blankenstein-Hirschel

□□□□:

Mixstaffel

□□□: 16:39:14

□□: 10.27 km/h

□□□□: 5:50 min/km

□□□□□: 204 (of 236)

□□□□□□: 10:18:23

□□□□□: 48(of 64)

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Grumbach	17.20	1:28:17	5:07	29	18:50	128	25:39	17.20	1:28:17	5:07	1	-	237	25:37
Schildwiese	20.10	1:42:00	5:04	40	35:38	153	35:38	37.30	3:10:17	5:06	1	-	237	57:43
Neuhaus	15.50	1:45:47	6:49	56	35:56	217	46:45	52.80	4:56:04	5:36	1	-	237	1:44:28
Masserberg	19.80	2:03:19	6:13	63	55:24	229	1:00:02	72.60	6:59:23	5:46	1	-	237	2:44:24
Allzunah	16.80	1:51:59	6:39	55	38:16	213	1:04:59	89.40	8:51:22	5:56	1	-	237	3:30:11
Grenzdler	19.80	1:47:03	5:24	39	35:14	161	35:14	109.20	10:38:25	5:50	1	-	237	4:03:24
Neue Ausspanne	13.80	1:27:55	6:22	48	31:48	211	37:41	123.00	12:06:20	5:54	1	-	237	4:40:47
Kleiner Inselsber	13.90	1:28:53	6:23	48	30:48	204	38:46	136.90	13:35:13	5:57	1	-	237	5:18:18
Hohe Sonne	19.70	1:30:37	4:35	17	20:48	69	23:07	156.60	15:05:50	5:47	1	-	237	5:41:25
Hirschel	14.70	1:33:24	6:21	48	32:43	196	39:26	171.30	16:39:14	5:49	48	5:14:24	204	6:20:51