



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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FSV 1986 Bad Langensalza

□□□: 15:52:47

□□: 238

□□: 10.77 km/h

□□□□: 5:34 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 169 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 132 (of 156)

Männerstaffel

□□□□□□□: 10:18:23

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:36:10 | 5:35 | 133 | 33:32 | 186 | 33:32 | 17.20 | 1:36:10 | 5:35 | 133 | 33:30 | 191 | 33:30 |
| Schildwiese | 20.10 | 2:18:43 | 6:54 | 153 | 1:10:47 | 230 | 1:12:21 | 37.30 | 3:54:53 | 6:17 | 133 | 1:42:19 | 191 | 1:42:19 |
| Neuhaus | 15.50 | 1:24:30 | 5:27 | 74 | 25:28 | 94 | 25:28 | 52.80 | 5:19:23 | 6:02 | 133 | 2:07:47 | 191 | 2:07:47 |
| Masserberg | 19.80 | 1:29:58 | 4:32 | 73 | 26:41 | 95 | 26:41 | 72.60 | 6:49:21 | 5:38 | 133 | 2:34:22 | 191 | 2:34:22 |
| Allzunah | 16.80 | 1:30:40 | 5:23 | 65 | 43:40 | 88 | 43:40 | 89.40 | 8:20:01 | 5:35 | 133 | 2:58:50 | 191 | 2:58:50 |
| Grenzdler | 19.80 | 1:50:08 | 5:33 | 127 | 36:18 | 180 | 38:19 | 109.20 | 10:10:09 | 5:35 | 133 | 3:35:08 | 191 | 3:35:08 |
| Neue Ausspanne | 13.80 | 1:05:20 | 4:44 | 38 | 15:06 | 44 | 15:06 | 123.00 | 11:15:29 | 5:29 | 133 | 3:49:56 | 191 | 3:49:56 |
| Kleiner Inselsber | 13.90 | 1:15:33 | 5:26 | 98 | 25:26 | 118 | 25:26 | 136.90 | 12:31:02 | 5:29 | 133 | 4:14:07 | 191 | 4:14:07 |
| Hohe Sonne | 19.70 | 1:40:25 | 5:05 | 106 | 32:55 | 142 | 32:55 | 156.60 | 14:11:27 | 5:26 | 133 | 4:47:02 | 191 | 4:47:02 |
| Hirschel | 14.70 | 1:41:20 | 6:53 | 149 | 47:22 | 219 | 47:22 | 171.30 | 15:52:47 | 5:33 | 132 | 5:34:24 | 169 | 5:34:24 |