



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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In letzter Sekunde

□□□: 16:01:44

□□: 118

□□: 10.67 km/h

□□□□: 5:37 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 173 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 133(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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|-------------------|-------|---------|--------|-----|---------|-----|---------|--------|----------|--------|-----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.20 | 1:38:28 | 5:43 | 137 | 35:50 | 192 | 35:50 | 17.20 | 1:38:28 | 5:43 | 137 | 35:48 | 198 | 35:48 |
| Schildwiese | 20.10 | 2:17:08 | 6:49 | 151 | 1:09:12 | 228 | 1:10:46 | 37.30 | 3:55:36 | 6:18 | 137 | 1:43:02 | 198 | 1:43:02 |
| Neuhaus | 15.50 | 1:29:29 | 5:46 | 108 | 30:27 | 139 | 30:27 | 52.80 | 5:25:05 | 6:09 | 137 | 2:13:29 | 198 | 2:13:29 |
| Masserberg | 19.80 | 1:30:38 | 4:34 | 80 | 27:21 | 104 | 27:21 | 72.60 | 6:55:43 | 5:43 | 137 | 2:40:44 | 198 | 2:40:44 |
| Allzunah | 16.80 | 1:33:58 | 5:35 | 84 | 46:58 | 112 | 46:58 | 89.40 | 8:29:41 | 5:42 | 137 | 3:08:30 | 198 | 3:08:30 |
| Grenzadler | 19.80 | 1:44:48 | 5:17 | 104 | 30:58 | 143 | 32:59 | 109.20 | 10:14:29 | 5:37 | 137 | 3:39:28 | 198 | 3:39:28 |
| Neue Ausspanne | 13.80 | 1:13:38 | 5:20 | 95 | 23:24 | 113 | 23:24 | 123.00 | 11:28:07 | 5:35 | 137 | 4:02:34 | 198 | 4:02:34 |
| Kleiner Inselsber | 13.90 | 1:09:04 | 4:58 | 49 | 18:57 | 58 | 18:57 | 136.90 | 12:37:11 | 5:31 | 137 | 4:20:16 | 198 | 4:20:16 |
| Hohe Sonne | 19.70 | 1:42:58 | 5:13 | 117 | 35:28 | 160 | 35:28 | 156.60 | 14:20:09 | 5:29 | 137 | 4:55:44 | 198 | 4:55:44 |
| Hörschel | 14.70 | 1:41:35 | 6:54 | 151 | 47:37 | 221 | 47:37 | 171.30 | 16:01:44 | 5:36 | 133 | 5:43:21 | 173 | 5:43:21 |