



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Haglöfs Laufteam Erfurt

□□□: 11:24:50

□□: 23

□□: 14.98 km/h
□□□□: 4:00 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 5 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 1(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:14:42	4:20	7	5:15	25	12:04	17.20	1:14:42	4:20	49	-	237	12:02
Schildwiese	20.10	1:06:22	3:18	1	-	1	-	37.30	2:21:04	3:46	49	-	237	8:30
Neuhaus	15.50	1:10:15	4:31	2	0:24	12	11:13	52.80	3:31:19	4:00	49	-	237	19:43
Masserberg	19.80	1:07:55	3:25	1	-	3	4:38	72.60	4:39:14	3:50	49	-	237	24:15
Allzunah	16.80	1:16:17	4:32	3	2:34	11	29:17	89.40	5:55:31	3:58	49	-	237	34:20
Grenzdler	19.80	1:12:25	3:39	2	0:36	2	0:36	109.20	7:07:56	3:55	49	-	237	32:55
Neue Ausspanne	13.80	56:07	4:03	1	-	5	5:53	123.00	8:04:03	3:56	49	-	237	38:30
Kleiner Inselsber	13.90	1:02:17	4:28	5	4:12	21	12:10	136.90	9:06:20	3:59	49	-	237	49:25
Hohe Sonne	19.70	1:09:49	3:32	1	-	2	2:19	156.60	10:16:09	3:56	49	-	237	51:44
Hirschel	14.70	1:08:41	4:40	5	8:00	35	14:43	171.30	11:24:50	3:59	1	-	5	1:06:27