



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

□□□□

Chaosteam

□□□: 15:48:03

□□: 164

□□: 10.82 km/h  
□□□□: 5:32 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 167 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 130(of 156)

Männerstaffel

□□□□□□□: 10:18:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:25:30	4:58	76	22:52	98	22:52	17.20	1:25:30	4:58	139	22:50	200	22:50
Schildwiese	20.10	1:57:44	5:51	148	49:48	216	51:22	37.30	3:23:14	5:26	139	1:10:40	200	1:10:40
Neuhaus	15.50	1:36:46	6:14	131	37:44	179	37:44	52.80	5:00:00	5:40	139	1:48:24	200	1:48:24
Masserberg	19.80	1:38:36	4:58	128	35:19	174	35:19	72.60	6:38:36	5:29	139	2:23:37	200	2:23:37
Allzunah	16.80	1:37:52	5:49	101	50:52	138	50:52	89.40	8:16:28	5:33	139	2:55:17	200	2:55:17
Grenzadler	19.80	1:39:21	5:01	79	25:31	109	27:32	109.20	9:55:49	5:27	139	3:20:48	200	3:20:48
Neue Ausspanne	13.80	1:12:02	5:13	83	21:48	98	21:48	123.00	11:07:51	5:25	139	3:42:18	200	3:42:18
Kleiner Inselsber	13.90	1:18:19	5:38	112	28:12	136	28:12	136.90	12:26:10	5:27	139	4:09:15	200	4:09:15
Hohe Sonne	19.70	1:45:33	5:21	124	38:03	172	38:03	156.60	14:11:43	5:26	139	4:47:18	200	4:47:18
Hörschel	14.70	1:36:20	6:33	141	42:22	205	42:22	171.30	15:48:03	5:32	130	5:29:40	167	5:29:40