



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

□□□□

Rühler Springer

□□□: 16:50:56

□□: 80

□□: 10.15 km/h

□□□□: 5:54 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 210 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 51(of 64)

Mixstaffel

□□□□□□□: 11:24:50

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:27:16 | 5:04 | 26 | 17:49 | 118 | 24:38 | 17.20 | 1:27:16 | 5:04 | 21 | | 237 | 24:36 |
| Schildwiese | 20.10 | 1:36:43 | 4:48 | 26 | 30:21 | 113 | 30:21 | 37.30 | 3:03:59 | 4:55 | 21 | | 237 | 51:25 |
| Neuhaus | 15.50 | 1:37:15 | 6:16 | 40 | 27:24 | 182 | 38:13 | 52.80 | 4:41:14 | 5:19 | 21 | | 237 | 1:29:38 |
| Masserberg | 19.80 | 1:53:24 | 5:43 | 56 | 45:29 | 220 | 50:07 | 72.60 | 6:34:38 | 5:26 | 21 | | 237 | 2:19:39 |
| Allzunah | 16.80 | 1:47:40 | 6:24 | 48 | 33:57 | 185 | 1:00:40 | 89.40 | 8:22:18 | 5:37 | 21 | | 237 | 3:01:07 |
| Grenzadler | 19.80 | 1:52:53 | 5:42 | 49 | 41:04 | 194 | 41:04 | 109.20 | 10:15:11 | 5:38 | 21 | | 237 | 3:40:10 |
| Neue Ausspanne | 13.80 | 1:29:02 | 6:27 | 51 | 32:55 | 215 | 38:48 | 123.00 | 11:44:13 | 5:43 | 21 | | 237 | 4:18:40 |
| Kleiner Inselsber | 13.90 | 1:32:28 | 6:39 | 54 | 34:23 | 221 | 42:21 | 136.90 | 13:16:41 | 5:49 | 21 | | 237 | 4:59:46 |
| Hohe Sonne | 19.70 | 2:05:58 | 6:23 | 62 | 56:09 | 231 | 58:28 | 156.60 | 15:22:39 | 5:53 | 21 | 16:49 | 237 | 5:58:14 |
| Hirschel | 14.70 | 1:28:17 | 6:00 | 33 | 27:36 | 168 | 34:19 | 171.30 | 16:50:56 | 5:54 | 51 | 5:26:06 | 210 | 6:32:33 |