



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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schlump und latsch

□□□: 13:46:00

□□: 65

□□: 12.42 km/h

□□□□: 4:49 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 46 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 9(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:24:09	4:53	16	14:42	86	21:31	17.20	1:24:09	4:53	42		237	21:29
Schildwiese	20.10	1:38:22	4:53	32	32:00	125	32:00	37.30	3:02:31	4:53	42		237	49:57
Neuhaus	15.50	1:31:02	5:52	30	21:11	152	32:00	52.80	4:33:33	5:10	22		237	1:21:57
Masserberg	19.80	1:26:01	4:20	10	18:06	69	22:44	72.60	5:59:34	4:57	42		237	1:44:35
Allzunah	16.80	1:31:49	5:27	21	18:06	97	44:49	89.40	7:31:23	5:02	42		237	2:10:12
Grenzdler	19.80	1:36:38	4:52	23	24:49	87	24:49	109.20	9:08:01	5:01	42		237	2:33:00
Neue Ausspanne	13.80	1:10:00	5:04	11	13:53	80	19:46	123.00	10:18:01	5:01	42		237	2:52:28
Kleiner Inselsber	13.90	1:10:00	5:02	9	11:55	64	19:53	136.90	11:28:01	5:01	42		237	3:11:06
Hohe Sonne	19.70	1:17:18	3:55	3	7:29	11	9:48	156.60	12:45:19	4:53	42		237	3:20:54
Hirschel	14.70	1:00:41	4:07	1	-	10	6:43	171.30	13:46:00	4:49	9	2:21:10	46	3:27:37