



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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SNR

□□: 232

□□: 171.30 km

Blankenstein-Hirschel

□□□□:

Männerstaffel

□□□: 17:30:02

□□: 9.77 km/h

□□□□: 6:08 min/km

□□□□□: 226 (of 236)

□□□□□□: 10:18:23

□□□□□: 155(of 156)

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Grumbach	17.20	1:26:02	5:00	80	23:24	103	23:24	17.20	1:26:02	5:00	144	23:22	211	23:22
Schildwiese	20.10	2:17:48	6:51	152	1:09:52	229	1:11:26	37.30	3:43:50	6:00	144	1:31:16	211	1:31:16
Neuhaus	15.50	1:42:41	6:37	144	43:39	210	43:39	52.80	5:26:31	6:11	144	2:14:55	211	2:14:55
Masserberg	19.80	2:09:07	6:31	154	1:05:50	231	1:05:50	72.60	7:35:38	6:16	144	3:20:39	211	3:20:39
Allzunah	16.80	2:06:59	7:33	154	1:19:59	231	1:19:59	89.40	9:42:37	6:31	144	4:21:26	211	4:21:26
Grenzdler	19.80	1:47:13	5:24	116	33:23	163	35:24	109.20	11:29:50	6:19	144	4:54:49	211	4:54:49
Neue Ausspanne	13.80	1:22:37	5:59	136	32:23	182	32:23	123.00	12:52:27	6:16	144	5:26:54	211	5:26:54
Kleiner Inselsber	13.90	1:34:55	6:49	153	44:48	227	44:48	136.90	14:27:22	6:20	144	6:10:27	211	6:10:27
Hohe Sonne	19.70	1:37:59	4:58	88	30:29	119	30:29	156.60	16:05:21	6:09	144	6:40:56	211	6:40:56
Hirschel	14.70	1:24:41	5:45	114	30:43	149	30:43	171.30	17:30:02	6:07	155	7:11:39	226	7:11:39