



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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10 Hermunduren

□□□: 17:00:54

□□: 51

□□: 10.05 km/h  
□□□□: 5:58 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 217 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 55(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:39:46	5:48	49	30:19	197	37:08	17.20	1:39:46	5:48	25	11:29	237	37:06
Schildwiese	20.10	2:05:34	6:14	58	59:12	220	59:12	37.30	3:45:20	6:02	25	35:03	237	1:32:46
Neuhaus	15.50	1:27:11	5:37	23	17:20	122	28:09	52.80	5:12:31	5:55	25	16:27	237	2:00:55
Masserberg	19.80	1:47:55	5:27	53	40:00	210	44:38	72.60	7:00:26	5:47	25	1:03	237	2:45:27
Allzunah	16.80	1:39:50	5:56	34	26:07	148	52:50	89.40	8:40:16	5:49	25		237	3:19:05
Grenzdler	19.80	1:50:47	5:35	45	38:58	183	38:58	109.20	10:31:03	5:46	25		237	3:56:02
Neue Ausspanne	13.80	1:19:31	5:45	29	23:24	164	29:17	123.00	11:50:34	5:46	25		237	4:25:01
Kleiner Inselsber	13.90	1:40:55	7:15	61	42:50	233	50:48	136.90	13:31:29	5:55	25		237	5:14:34
Hohe Sonne	19.70	1:56:54	5:56	59	47:05	219	49:24	156.60	15:28:23	5:55	25	22:33	237	6:03:58
Hirschel	14.70	1:32:31	6:17	44	31:50	189	38:33	171.30	17:00:54	5:57	55	5:36:04	217	6:42:31