



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Bauer-Team

□□□: 17:19:08

□□: 211

□□: 9.87 km/h

□□□□: 6:04 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 221 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 153(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:30:38 | 5:16 | 113 | 28:00 | 153 | 28:00 | 17.20 | 1:30:38 | 5:16 | 147 | 27:58 | 217 | 27:58 |
| Schildwiese | 20.10 | 2:27:23 | 7:19 | 156 | 1:19:27 | 233 | 1:21:01 | 37.30 | 3:58:01 | 6:22 | 147 | 1:45:27 | 217 | 1:45:27 |
| Neuhaus | 15.50 | 1:33:50 | 6:03 | 122 | 34:48 | 163 | 34:48 | 52.80 | 5:31:51 | 6:17 | 147 | 2:20:15 | 217 | 2:20:15 |
| Masserberg | 19.80 | 1:30:49 | 4:35 | 84 | 27:32 | 108 | 27:32 | 72.60 | 7:02:40 | 5:49 | 147 | 2:47:41 | 217 | 2:47:41 |
| Allzunah | 16.80 | 2:17:04 | 8:09 | 156 | 1:30:04 | 236 | 1:30:04 | 89.40 | 9:19:44 | 6:15 | 147 | 3:58:33 | 217 | 3:58:33 |
| Grenzdler | 19.80 | 1:51:40 | 5:38 | 130 | 37:50 | 187 | 39:51 | 109.20 | 11:11:24 | 6:08 | 147 | 4:36:23 | 217 | 4:36:23 |
| Neue Ausspanne | 13.80 | 1:31:31 | 6:37 | 154 | 41:17 | 220 | 41:17 | 123.00 | 12:42:55 | 6:12 | 147 | 5:17:22 | 217 | 5:17:22 |
| Kleiner Inselsber | 13.90 | 1:16:15 | 5:29 | 101 | 26:08 | 122 | 26:08 | 136.90 | 13:59:10 | 6:07 | 147 | 5:42:15 | 217 | 5:42:15 |
| Hohe Sonne | 19.70 | 1:54:06 | 5:47 | 145 | 46:36 | 210 | 46:36 | 156.60 | 15:53:16 | 6:05 | 147 | 6:28:51 | 217 | 6:28:51 |
| Hörschel | 14.70 | 1:25:52 | 5:50 | 117 | 31:54 | 155 | 31:54 | 171.30 | 17:19:08 | 6:03 | 153 | 7:00:45 | 221 | 7:00:45 |