



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Team Schiller Staffel Speed

□□□: 12:47:11

□□: 190

□□: 13.37 km/h

□□□□: 4:29 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 18 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 12(of 156)

Männerstaffel

□□□□□□: 10:18:23

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:10:32 | 4:06 | 7 | 7:54 | 9 | 7:54 | 17.20 | 1:10:32 | 4:06 | 11 | 7:52 | 22 | 7:52 |
| Schildwiese | 20.10 | 1:37:01 | 4:49 | 85 | 29:05 | 115 | 30:39 | 37.30 | 2:47:33 | 4:29 | 11 | 34:59 | 22 | 34:59 |
| Neuhaus | 15.50 | 1:17:53 | 5:01 | 43 | 18:51 | 54 | 18:51 | 52.80 | 4:05:26 | 4:38 | 11 | 53:50 | 22 | 53:50 |
| Masserberg | 19.80 | 1:12:20 | 3:39 | 7 | 9:03 | 10 | 9:03 | 72.60 | 5:17:46 | 4:22 | 11 | 1:02:47 | 22 | 1:02:47 |
| Allzunah | 16.80 | 1:23:04 | 4:56 | 23 | 36:04 | 29 | 36:04 | 89.40 | 6:40:50 | 4:29 | 11 | 1:19:39 | 22 | 1:19:39 |
| Grenzdler | 19.80 | 1:21:41 | 4:07 | 10 | 7:51 | 16 | 9:52 | 109.20 | 8:02:31 | 4:25 | 11 | 1:27:30 | 22 | 1:27:30 |
| Neue Ausspanne | 13.80 | 1:04:55 | 4:42 | 36 | 14:41 | 42 | 14:41 | 123.00 | 9:07:26 | 4:27 | 11 | 1:41:53 | 22 | 1:41:53 |
| Kleiner Inselsber | 13.90 | 1:01:59 | 4:27 | 13 | 11:52 | 18 | 11:52 | 136.90 | 10:09:25 | 4:27 | 11 | 1:52:30 | 22 | 1:52:30 |
| Hohe Sonne | 19.70 | 1:31:37 | 4:39 | 56 | 24:07 | 76 | 24:07 | 156.60 | 11:41:02 | 4:28 | 11 | 2:16:37 | 22 | 2:16:37 |
| Hörschel | 14.70 | 1:06:09 | 4:30 | 22 | 12:11 | 26 | 12:11 | 171.30 | 12:47:11 | 4:28 | 12 | 2:28:48 | 18 | 2:28:48 |