



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

□□□□

Die Kohlkopf Runners

□□□: 16:31:17

□□: 244

□□: 10.35 km/h  
□□□□: 5:47 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 197 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 146(of 156)

Männerstaffel

□□□□□□□: 10:18:23

□□□□

□□□□

□□□

| □□□               | □□    | □□      | □□     | □□  | □□      | □□  | □□      | □□□    | □□□      | □□□    | □□  | □□      | □□  | □□      |
|-------------------|-------|---------|--------|-----|---------|-----|---------|--------|----------|--------|-----|---------|-----|---------|
|                   | km    | □□      | min/km | -   | -       | □□□ | □□□     | km     | □□       | min/km | -   | -       | □□□ | □□□     |
| Grumbach          | 17.20 | 1:17:07 | 4:29   | 26  | 14:29   | 36  | 14:29   | 17.20  | 1:17:07  | 4:29   | 156 | 14:27   | 231 | 14:27   |
| Schildwiese       | 20.10 | 1:25:17 | 4:14   | 24  | 17:21   | 36  | 18:55   | 37.30  | 2:42:24  | 4:21   | 156 | 29:50   | 231 | 29:50   |
| Neuhaus           | 15.50 | 1:40:39 | 6:29   | 139 | 41:37   | 194 | 41:37   | 52.80  | 4:23:03  | 4:58   | 156 | 1:11:27 | 231 | 1:11:27 |
| Masserberg        | 19.80 | 1:35:44 | 4:50   | 119 | 32:27   | 155 | 32:27   | 72.60  | 5:58:47  | 4:56   | 156 | 1:43:48 | 231 | 1:43:48 |
| Allzunah          | 16.80 | 1:43:59 | 6:11   | 122 | 56:59   | 171 | 56:59   | 89.40  | 7:42:46  | 5:10   | 156 | 2:21:35 | 231 | 2:21:35 |
| Grenzadler        | 19.80 | 2:00:30 | 6:05   | 148 | 46:40   | 219 | 48:41   | 109.20 | 9:43:16  | 5:20   | 156 | 3:08:15 | 231 | 3:08:15 |
| Neue Ausspanne    | 13.80 | 1:20:16 | 5:48   | 128 | 30:02   | 169 | 30:02   | 123.00 | 11:03:32 | 5:23   | 156 | 3:37:59 | 231 | 3:37:59 |
| Kleiner Inselsber | 13.90 | 1:21:44 | 5:52   | 130 | 31:37   | 167 | 31:37   | 136.90 | 12:25:16 | 5:26   | 156 | 4:08:21 | 231 | 4:08:21 |
| Hohe Sonne        | 19.70 | 1:57:53 | 5:59   | 152 | 50:23   | 224 | 50:23   | 156.60 | 14:23:09 | 5:30   | 156 | 4:58:44 | 231 | 4:58:44 |
| Hörschel          | 14.70 | 2:08:08 | 8:42   | 156 | 1:14:10 | 236 | 1:14:10 | 171.30 | 16:31:17 | 5:47   | 146 | 6:12:54 | 197 | 6:12:54 |