



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Erbstromtaler Schmalwaden women □□□: 17:36:26

□□: 8

□□: 171.30 km

Blankenstein-Hörschel

□□□□:

Frauenstaffel

□□: 9.71 km/h

□□□□: 6:10 min/km

□□□□□: 231 (of 236)

□□□□□□: 10:18:23

□□□□□: 15(of 16)

□□□□□□□: 12:19:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:46:23	6:11	13	34:48	216	43:45	17.20	1:46:23	6:11	15	34:48	237	43:43
Schildwiese	20.10	1:53:02	5:37	12	26:57	203	46:40	37.30	3:39:25	5:52	15	1:01:45	237	1:26:51
Neuhaus	15.50	1:32:23	5:57	8	20:09	159	33:21	52.80	5:11:48	5:54	10	1:21:54	237	2:00:12
Masserberg	19.80	1:45:59	5:21	11	29:26	204	42:42	72.60	6:57:47	5:45	15	1:51:20	237	2:42:48
Allzunah	16.80	1:46:04	6:18	10	24:40	178	59:04	89.40	8:43:51	5:51	15	2:16:00	237	3:22:40
Grenzdler	19.80	2:11:03	6:37	15	44:14	228	59:14	109.20	10:54:54	5:59	15	3:00:14	237	4:19:53
Neue Ausspanne	13.80	1:23:28	6:02	11	24:44	188	33:14	123.00	12:18:22	6:00	15	3:24:58	237	4:52:49
Kleiner Inselsber	13.90	1:25:11	6:07	11	24:20	190	35:04	136.90	13:43:33	6:00	15	3:49:18	237	5:26:38
Hohe Sonne	19.70	2:28:15	7:31	16	1:07:32	236	1:20:45	156.60	16:11:48	6:12	15	4:56:50	237	6:47:23
Hörschel	14.70	1:24:38	5:45	7	19:50	148	30:40	171.30	17:36:26	6:10	15	5:16:40	231	7:18:03