



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Team Eichsfeld 1

□□□: 12:56:53

□□: 215

□□: 13.21 km/h

□□□□: 4:32 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 26 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 19(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:19:32	4:37	36	16:54	49	16:54	17.20	1:19:32	4:37	18	16:52	30	16:52
Schildwiese	20.10	1:23:14	4:08	18	15:18	28	16:52	37.30	2:42:46	4:21	18	30:12	30	30:12
Neuhaus	15.50	1:21:58	5:17	62	22:56	80	22:56	52.80	4:04:44	4:38	18	53:08	30	53:08
Masserberg	19.80	1:20:05	4:02	20	16:48	28	16:48	72.60	5:24:49	4:28	18	1:09:50	30	1:09:50
Allzunah	16.80	1:26:05	5:07	38	39:05	46	39:05	89.40	6:50:54	4:35	18	1:29:43	30	1:29:43
Grenzdler	19.80	1:23:32	4:13	15	9:42	21	11:43	109.20	8:14:26	4:31	18	1:39:25	30	1:39:25
Neue Ausspanne	13.80	1:03:21	4:35	23	13:07	27	13:07	123.00	9:17:47	4:32	18	1:52:14	30	1:52:14
Kleiner Inselsber	13.90	1:01:53	4:27	12	11:46	17	11:46	136.90	10:19:40	4:31	18	2:02:45	30	2:02:45
Hohe Sonne	19.70	1:26:55	4:24	35	19:25	48	19:25	156.60	11:46:35	4:30	18	2:22:10	30	2:22:10
Hirschel	14.70	1:10:18	4:46	36	16:20	44	16:20	171.30	12:56:53	4:32	19	2:38:30	26	2:38:30