



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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fit & run Irrläufer

□□□: 14:05:55

□□: 45

□□: 12.13 km/h

□□□□: 4:56 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 64 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 13(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:29:01	5:10	30	19:34	136	26:23	17.20	1:29:01	5:10	46	0:44	84	26:21
Schildwiese	20.10	1:35:51	4:46	23	29:29	106	29:29	37.30	3:04:52	4:57	46		237	52:18
Neuhaus	15.50	1:09:51	4:30	1	-	11	10:49	52.80	4:14:43	4:49	46		237	1:03:07
Masserberg	19.80	1:28:38	4:28	16	20:43	87	25:21	72.60	5:43:21	4:43	46		237	1:28:22
Allzunah	16.80	1:26:33	5:09	9	12:50	48	39:33	89.40	7:09:54	4:48	46		237	1:48:43
Grenzdler	19.80	1:47:29	5:25	40	35:40	167	35:40	109.20	8:57:23	4:55	46		237	2:22:22
Neue Ausspanne	13.80	1:21:15	5:53	35	25:08	173	31:01	123.00	10:18:38	5:01	46		237	2:53:05
Kleiner Inselsber	13.90	1:12:09	5:11	13	14:04	85	22:02	136.90	11:30:47	5:02	46		237	3:13:52
Hohe Sonne	19.70	1:30:22	4:35	16	20:33	68	22:52	156.60	13:01:09	4:59	46		237	3:36:44
Hirschel	14.70	1:04:46	4:24	2	4:05	18	10:48	171.30	14:05:55	4:56	13	2:41:05	64	3:47:32