



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Sömmerdaer Gipfelstürmer

□□□: 13:12:43

□□: 119

□□: 12.94 km/h

□□□□: 4:38 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 31 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 23(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:16:32	4:26	22	13:54	32	13:54	17.20	1:16:32	4:26	22	13:52	38	13:52
Schildwiese	20.10	1:27:28	4:21	36	19:32	50	21:06	37.30	2:44:00	4:23	22	31:26	38	31:26
Neuhaus	15.50	1:20:51	5:12	56	21:49	73	21:49	52.80	4:04:51	4:38	22	53:15	38	53:15
Masserberg	19.80	1:26:06	4:20	58	22:49	70	22:49	72.60	5:30:57	4:33	22	1:15:58	38	1:15:58
Allzunah	16.80	1:24:45	5:02	31	37:45	39	37:45	89.40	6:55:42	4:38	22	1:34:31	38	1:34:31
Grenzdler	19.80	1:25:52	4:20	18	12:02	26	14:03	109.20	8:21:34	4:35	22	1:46:33	38	1:46:33
Neue Ausspanne	13.80	1:04:36	4:40	33	14:22	38	14:22	123.00	9:26:10	4:36	22	2:00:37	38	2:00:37
Kleiner Inselsber	13.90	1:00:55	4:22	11	10:48	16	10:48	136.90	10:27:05	4:34	22	2:10:10	38	2:10:10
Hohe Sonne	19.70	1:32:46	4:42	62	25:16	83	25:16	156.60	11:59:51	4:35	22	2:35:26	38	2:35:26
Hirschel	14.70	1:12:52	4:57	47	18:54	56	18:54	171.30	13:12:43	4:37	23	2:54:20	31	2:54:20