



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

□□□□

Adventslaufteam

□□□: 13:38:14

□□: 242

□□: 12.54 km/h

□□□□: 4:47 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 38 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 29(of 156)

Männerstaffel

□□□□□□□: 10:18:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:10:49	4:07	8	8:11	11	8:11	17.20	1:10:49	4:07	27	8:09	47	8:09
Schildwiese	20.10	1:27:49	4:22	38	19:53	53	21:27	37.30	2:38:38	4:15	27	26:04	47	26:04
Neuhaus	15.50	1:25:23	5:30	78	26:21	100	26:21	52.80	4:04:01	4:37	27	52:25	47	52:25
Masserberg	19.80	1:39:48	5:02	131	36:31	179	36:31	72.60	5:43:49	4:44	27	1:28:50	47	1:28:50
Allzunah	16.80	1:25:39	5:05	35	38:39	43	38:39	89.40	7:09:28	4:48	27	1:48:17	47	1:48:17
Grenzdler	19.80	1:30:15	4:33	27	16:25	39	18:26	109.20	8:39:43	4:45	27	2:04:42	47	2:04:42
Neue Ausspanne	13.80	1:13:39	5:20	96	23:25	114	23:25	123.00	9:53:22	4:49	27	2:27:49	47	2:27:49
Kleiner Inselsber	13.90	1:07:57	4:53	39	17:50	48	17:50	136.90	11:01:19	4:49	27	2:44:24	47	2:44:24
Hohe Sonne	19.70	1:25:37	4:20	27	18:07	39	18:07	156.60	12:26:56	4:46	27	3:02:31	47	3:02:31
Hirschel	14.70	1:11:18	4:51	39	17:20	48	17:20	171.30	13:38:14	4:46	29	3:19:51	38	3:19:51