



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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LG Rippershausen

□□□: 13:39:57

□□: 122

□□: 12.53 km/h

□□□□: 4:47 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 41 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 32(of 156)

Männerstaffel

□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:20:57	4:42	42	18:19	56	18:19	17.20	1:20:57	4:42	30	18:17	51	18:17
Schildwiese	20.10	1:29:23	4:26	48	21:27	65	23:01	37.30	2:50:20	4:33	30	37:46	51	37:46
Neuhaus	15.50	1:14:52	4:49	27	15:50	35	15:50	52.80	4:05:12	4:38	30	53:36	51	53:36
Masserberg	19.80	1:41:41	5:08	134	38:24	186	38:24	72.60	5:46:53	4:46	30	1:31:54	51	1:31:54
Allzunah	16.80	1:27:28	5:12	46	40:28	58	40:28	89.40	7:14:21	4:51	30	1:53:10	51	1:53:10
Grenzdler	19.80	1:30:17	4:33	28	16:27	40	18:28	109.20	8:44:38	4:48	30	2:09:37	51	2:09:37
Neue Ausspanne	13.80	1:09:18	5:01	63	19:04	75	19:04	123.00	9:53:56	4:49	30	2:28:23	51	2:28:23
Kleiner Inselsber	13.90	1:06:07	4:45	27	16:00	33	16:00	136.90	11:00:03	4:49	30	2:43:08	51	2:43:08
Hohe Sonne	19.70	1:25:56	4:21	29	18:26	42	18:26	156.60	12:25:59	4:45	30	3:01:34	51	3:01:34
Hörschel	14.70	1:13:58	5:01	53	20:00	62	20:00	171.30	13:39:57	4:47	32	3:21:34	41	3:21:34