



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Rhönitzer 20-Füßler

□□□: 13:42:34

□□: 216

□□: 12.47 km/h

□□□□: 4:48 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 44 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 35(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:25:47	4:59	79	23:09	101	23:09	17.20	1:25:47	4:59	33	23:07	54	23:07
Schildwiese	20.10	1:25:20	4:14	25	17:24	37	18:58	37.30	2:51:07	4:35	33	38:33	54	38:33
Neuhaus	15.50	1:09:13	4:27	10	10:11	10	10:11	52.80	4:00:20	4:33	33	48:44	54	48:44
Masserberg	19.80	1:31:27	4:37	89	28:10	117	28:10	72.60	5:31:47	4:34	33	1:16:48	54	1:16:48
Allzunah	16.80	1:31:02	5:25	70	44:02	93	44:02	89.40	7:02:49	4:43	33	1:41:38	54	1:41:38
Grenzdler	19.80	1:32:24	4:40	41	18:34	58	20:35	109.20	8:35:13	4:43	33	2:00:12	54	2:00:12
Neue Ausspanne	13.80	1:07:07	4:51	51	16:53	60	16:53	123.00	9:42:20	4:44	33	2:16:47	54	2:16:47
Kleiner Inselsber	13.90	1:05:18	4:41	25	15:11	31	15:11	136.90	10:47:38	4:43	33	2:30:43	54	2:30:43
Hohe Sonne	19.70	1:33:07	4:43	63	25:37	85	25:37	156.60	12:20:45	4:43	33	2:56:20	54	2:56:20
Hirschel	14.70	1:21:49	5:33	95	27:51	120	27:51	171.30	13:42:34	4:48	35	3:24:11	44	3:24:11