



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

□□□□

Ringer vom KSV Pausa

□□□: 13:48:28

□□: 191

□□: 12.38 km/h

□□□□: 4:50 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 49 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 39(of 156)

Männerstaffel

□□□□□□□: 10:18:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:16:54	4:28	24	14:16	34	14:16	17.20	1:16:54	4:28	37	14:14	58	14:14
Schildwiese	20.10	1:35:50	4:46	80	27:54	105	29:28	37.30	2:52:44	4:37	37	40:10	58	40:10
Neuhaus	15.50	1:18:54	5:05	49	19:52	62	19:52	52.80	4:11:38	4:45	37	1:00:02	58	1:00:02
Masserberg	19.80	1:24:29	4:16	48	21:12	59	21:12	72.60	5:36:07	4:37	37	1:21:08	58	1:21:08
Allzunah	16.80	1:27:45	5:13	49	40:45	61	40:45	89.40	7:03:52	4:44	37	1:42:41	58	1:42:41
Grenzdler	19.80	1:44:58	5:18	107	31:08	147	33:09	109.20	8:48:50	4:50	37	2:13:49	58	2:13:49
Neue Ausspanne	13.80	1:09:04	5:00	62	18:50	74	18:50	123.00	9:57:54	4:51	37	2:32:21	58	2:32:21
Kleiner Inselsber	13.90	1:08:47	4:56	47	18:40	56	18:40	136.90	11:06:41	4:52	37	2:49:46	58	2:49:46
Hohe Sonne	19.70	1:26:10	4:22	30	18:40	43	18:40	156.60	12:32:51	4:48	37	3:08:26	58	3:08:26
Hirschel	14.70	1:15:37	5:08	63	21:39	77	21:39	171.30	13:48:28	4:50	39	3:30:05	49	3:30:05