



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Spitzensalat des WSV Ilmenau

□□□: 13:49:14

□□: 139

□□: 12.37 km/h

□□□□: 4:50 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 50 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 40(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:33:22	5:25	121	30:44	168	30:44	17.20	1:33:22	5:25	38	30:42	59	30:42
Schildwiese	20.10	1:25:25	4:14	26	17:29	38	19:03	37.30	2:58:47	4:47	38	46:13	59	46:13
Neuhaus	15.50	1:15:57	4:54	31	16:55	39	16:55	52.80	4:14:44	4:49	38	1:03:08	59	1:03:08
Masserberg	19.80	1:21:01	4:05	27	17:44	35	17:44	72.60	5:35:45	4:37	38	1:20:46	59	1:20:46
Allzunah	16.80	1:17:08	4:35	10	30:08	13	30:08	89.40	6:52:53	4:37	38	1:31:42	59	1:31:42
Grenzdler	19.80	1:45:14	5:18	109	31:24	149	33:25	109.20	8:38:07	4:44	38	2:03:06	59	2:03:06
Neue Ausspanne	13.80	1:20:13	5:48	127	29:59	168	29:59	123.00	9:58:20	4:51	38	2:32:47	59	2:32:47
Kleiner Inselsber	13.90	1:07:13	4:50	35	17:06	44	17:06	136.90	11:05:33	4:51	38	2:48:38	59	2:48:38
Hohe Sonne	19.70	1:28:30	4:29	41	21:00	55	21:00	156.60	12:34:03	4:48	38	3:09:38	59	3:09:38
Hirschel	14.70	1:15:11	5:06	61	21:13	74	21:13	171.30	13:49:14	4:50	40	3:30:51	50	3:30:51