



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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LTV Erfurt - Montagsgruppe

□□□: 14:51:53

□□: 13

□□: 11.50 km/h
□□□□: 5:13 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 110 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 4(of 16)

Frauenstaffel

□□□□□□□: 12:19:46

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:39:22	5:46	8	27:47	194	36:44	17.20	1:39:22	5:46	4	27:47	237	36:42
Schildwiese	20.10	1:40:56	5:01	6	14:51	140	34:34	37.30	3:20:18	5:22	4	42:38	237	1:07:44
Neuhaus	15.50	1:29:53	5:47	7	17:39	145	30:51	52.80	4:50:11	5:29	4	1:00:17	237	1:38:35
Masserberg	19.80	1:36:50	4:53	6	20:17	166	33:33	72.60	6:27:01	5:19	4	1:20:34	237	2:12:02
Allzunah	16.80	1:30:21	5:22	3	8:57	83	43:21	89.40	7:57:22	5:20	4	1:29:31	145	2:36:11
Grenzdler	19.80	1:38:33	4:58	6	11:44	104	26:44	109.20	9:35:55	5:16	4	1:41:15	237	3:00:54
Neue Ausspanne	13.80	58:48	4:15	2	0:04	14	8:34	123.00	10:34:43	5:09	4	1:41:19	237	3:09:10
Kleiner Inselsber	13.90	1:18:26	5:38	3	17:35	138	28:19	136.90	11:53:09	5:12	4	1:58:54	237	3:36:14
Hohe Sonne	19.70	1:38:25	4:59	5	17:42	122	30:55	156.60	13:31:34	5:10	4	2:16:36	237	4:07:09
Hirschel	14.70	1:20:19	5:27	4	15:31	111	26:21	171.30	14:51:53	5:12	4	2:32:07	110	4:33:30