



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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ilm runners

□□□: 13:54:45

□□: 143

□□: 12.29 km/h

□□□□: 4:52 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 51 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 41(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:20:17	4:40	40	17:39	53	17:39	17.20	1:20:17	4:40	39	17:37	63	17:37
Schildwiese	20.10	1:35:17	4:44	77	27:21	101	28:55	37.30	2:55:34	4:42	39	43:00	63	43:00
Neuhaus	15.50	1:29:07	5:44	105	30:05	135	30:05	52.80	4:24:41	5:00	39	1:13:05	63	1:13:05
Masserberg	19.80	1:21:17	4:06	29	18:00	37	18:00	72.60	5:45:58	4:45	39	1:30:59	63	1:30:59
Allzunah	16.80	1:22:30	4:54	20	35:30	26	35:30	89.40	7:08:28	4:47	39	1:47:17	63	1:47:17
Grenzdler	19.80	1:36:52	4:53	63	23:02	89	25:03	109.20	8:45:20	4:48	39	2:10:19	63	2:10:19
Neue Ausspanne	13.80	1:02:31	4:31	18	12:17	21	12:17	123.00	9:47:51	4:46	39	2:22:18	63	2:22:18
Kleiner Inselsber	13.90	1:24:20	6:04	135	34:13	185	34:13	136.90	11:12:11	4:54	39	2:55:16	63	2:55:16
Hohe Sonne	19.70	1:22:32	4:11	15	15:02	25	15:02	156.60	12:34:43	4:49	39	3:10:18	63	3:10:18
Hörschel	14.70	1:20:02	5:26	86	26:04	109	26:04	171.30	13:54:45	4:52	41	3:36:22	51	3:36:22