



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

□□□□

Döllberggemsen

□□□: 13:57:50

□□: 206

□□: 12.25 km/h
 □□□□: 4:53 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 53 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 42(of 156)

Männerstaffel

□□□□□□□: 10:18:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:13:47	4:17	15	11:09	23	11:09	17.20	1:13:47	4:17	40	11:07	64	11:07
Schildwiese	20.10	1:26:59	4:19	32	19:03	46	20:37	37.30	2:40:46	4:18	40	28:12	64	28:12
Neuhaus	15.50	1:28:44	5:43	103	29:42	133	29:42	52.80	4:09:30	4:43	40	57:54	64	57:54
Masserberg	19.80	1:32:53	4:41	100	29:36	130	29:36	72.60	5:42:23	4:42	40	1:27:24	64	1:27:24
Allzunah	16.80	1:29:56	5:21	59	42:56	76	42:56	89.40	7:12:19	4:50	40	1:51:08	64	1:51:08
Grenzadler	19.80	1:41:16	5:06	88	27:26	120	29:27	109.20	8:53:35	4:53	40	2:18:34	64	2:18:34
Neue Ausspanne	13.80	1:11:19	5:10	81	21:05	96	21:05	123.00	10:04:54	4:55	40	2:39:21	64	2:39:21
Kleiner Inselsber	13.90	1:16:19	5:29	102	26:12	123	26:12	136.90	11:21:13	4:58	40	3:04:18	64	3:04:18
Hohe Sonne	19.70	1:17:04	3:54	6	9:34	8	9:34	156.60	12:38:17	4:50	40	3:13:52	64	3:13:52
Hörschel	14.70	1:19:33	5:24	85	25:35	108	25:35	171.30	13:57:50	4:53	42	3:39:27	53	3:39:27