



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Burnout Erfurt

□□□: 14:00:49

□□: 150

□□: 12.20 km/h

□□□□: 4:55 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 58 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 46(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:21:22	4:43	44	18:44	58	18:44	17.20	1:21:22	4:43	44	18:42	68	18:42
Schildwiese	20.10	1:19:52	3:58	13	11:56	20	13:30	37.30	2:41:14	4:19	44	28:40	68	28:40
Neuhaus	15.50	1:29:07	5:44	105	30:05	135	30:05	52.80	4:10:21	4:44	44	58:45	68	58:45
Masserberg	19.80	1:25:02	4:17	53	21:45	64	21:45	72.60	5:35:23	4:37	44	1:20:24	68	1:20:24
Allzunah	16.80	1:30:13	5:22	62	43:13	81	43:13	89.40	7:05:36	4:45	44	1:44:25	68	1:44:25
Grenzdler	19.80	1:43:40	5:14	101	29:50	137	31:51	109.20	8:49:16	4:50	44	2:14:15	68	2:14:15
Neue Ausspanne	13.80	1:02:09	4:30	16	11:55	19	11:55	123.00	9:51:25	4:48	44	2:25:52	68	2:25:52
Kleiner Inselsber	13.90	1:14:47	5:22	89	24:40	108	24:40	136.90	11:06:12	4:51	44	2:49:17	68	2:49:17
Hohe Sonne	19.70	1:41:41	5:09	109	34:11	148	34:11	156.60	12:47:53	4:54	44	3:23:28	68	3:23:28
Hörschel	14.70	1:12:56	4:57	48	18:58	57	18:58	171.30	14:00:49	4:54	46	3:42:26	58	3:42:26