



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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BROSE RUNNINGS

□□□: 12:42:41

□□: 248

□□: 13.48 km/h
□□□□: 4:27 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 15 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 10(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:12:20	4:12	11	9:42	18	9:42	17.20	1:12:20	4:12	45	9:40	69	9:40
Schildwiese	20.10	1:15:34	3:45	8	7:38	10	9:12	37.30	2:27:54	3:57	45	15:20	69	15:20
Neuhaus	15.50	1:08:01	4:23	8	8:59	8	8:59	52.80	3:35:55	4:05	45	24:19	69	24:19
Masserberg	19.80	1:21:37	4:07	31	18:20	39	18:20	72.60	4:57:32	4:05	45	42:33	69	42:33
Allzunah	16.80	1:26:45	5:09	39	39:45	50	39:45	89.40	6:24:17	4:17	45	1:03:06	69	1:03:06
Grenzdler	19.80	1:32:12	4:39	40	18:22	55	20:23	109.20	7:56:29	4:21	45	1:21:28	69	1:21:28
Neue Ausspanne	13.80	1:03:34	4:36	26	13:20	31	13:20	123.00	9:00:03	4:23	45	1:34:30	69	1:34:30
Kleiner Inselsber	13.90	1:04:23	4:37	23	14:16	29	14:16	136.90	10:04:26	4:24	45	1:47:31	69	1:47:31
Hohe Sonne	19.70	1:26:42	4:24	32	19:12	45	19:12	156.60	11:31:08	4:24	45	2:06:43	69	2:06:43
Hörschel	14.70	1:11:33	4:52	43	17:35	52	17:35	171.30	12:42:41	4:27	10	2:24:18	15	2:24:18