



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

XXXX

XFAB/Melexis Running Chips

XXX: 14:04:14

XX: 136

XX: 12.15 km/h

XXXX: 4:56 min/km

XX: 171.30 km

Blankenstein-Hirschel

XXXXX: 60 (of 236)

XXXXXX: 10:18:23

XXXX:

XXXXX: 47(of 156)

Männerstaffel

XXXXXXX: 10:18:23

XXXX

XXXX

XXX

XXX	XX	XX	XX	XX	XX	XX	XX	XXXX	XXXX	XXXX	XX	XX	XX	XX
	km	XX	min/km	-	-	XXX	XXX	km	XX	min/km	-	-	XXX	XXX
Grumbach	17.20	1:19:42	4:38	37	17:04	50	17:04	17.20	1:19:42	4:38	46	17:02	70	17:02
Schildwiese	20.10	1:29:35	4:27	49	21:39	66	23:13	37.30	2:49:17	4:32	46	36:43	70	36:43
Neuhaus	15.50	1:25:41	5:31	80	26:39	103	26:39	52.80	4:14:58	4:49	46	1:03:22	70	1:03:22
Masserberg	19.80	1:31:42	4:37	91	28:25	119	28:25	72.60	5:46:40	4:46	46	1:31:41	70	1:31:41
Allzunah	16.80	1:28:11	5:14	51	41:11	66	41:11	89.40	7:14:51	4:51	46	1:53:40	70	1:53:40
Grenzdler	19.80	1:50:46	5:35	129	36:56	182	38:57	109.20	9:05:37	4:59	46	2:30:36	70	2:30:36
Neue Ausspanne	13.80	1:13:34	5:19	94	23:20	112	23:20	123.00	10:19:11	5:02	46	2:53:38	70	2:53:38
Kleiner Inselsber	13.90	1:07:55	4:53	38	17:48	47	17:48	136.90	11:27:06	5:01	46	3:10:11	70	3:10:11
Hohe Sonne	19.70	1:22:46	4:12	16	15:16	26	15:16	156.60	12:49:52	4:54	46	3:25:27	70	3:25:27
Hirschel	14.70	1:14:22	5:03	56	20:24	66	20:24	171.30	14:04:14	4:55	47	3:45:51	60	3:45:51