



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Rostock Aerospace Running Team

□□□: 14:07:00

□□: 174

□□: 12.11 km/h

□□□□: 4:56 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 65 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 51(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:27:02	5:03	89	24:24	117	24:24	17.20	1:27:02	5:03	50	24:22	74	24:22
Schildwiese	20.10	1:23:24	4:08	19	15:28	29	17:02	37.30	2:50:26	4:34	50	37:52	74	37:52
Neuhaus	15.50	1:21:24	5:15	59	22:22	77	22:22	52.80	4:11:50	4:46	50	1:00:14	74	1:00:14
Masserberg	19.80	1:36:34	4:52	124	33:17	163	33:17	72.60	5:48:24	4:47	50	1:33:25	74	1:33:25
Allzunah	16.80	1:26:47	5:09	41	39:47	52	39:47	89.40	7:15:11	4:52	50	1:54:00	74	1:54:00
Grenzdler	19.80	1:41:20	5:07	89	27:30	121	29:31	109.20	8:56:31	4:54	50	2:21:30	74	2:21:30
Neue Ausspanne	13.80	1:13:42	5:20	97	23:28	115	23:28	123.00	10:10:13	4:57	50	2:44:40	74	2:44:40
Kleiner Inselsber	13.90	1:11:22	5:08	63	21:15	76	21:15	136.90	11:21:35	4:58	50	3:04:40	74	3:04:40
Hohe Sonne	19.70	1:32:05	4:40	59	24:35	80	24:35	156.60	12:53:40	4:56	50	3:29:15	74	3:29:15
Hirschel	14.70	1:13:20	4:59	50	19:22	59	19:22	171.30	14:07:00	4:56	51	3:48:37	65	3:48:37