



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Buscho-Runners

□□□: 14:07:41

□□: 114

□□: 12.10 km/h
□□□□: 4:57 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 66 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 52(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:21:05	4:42	43	18:27	57	18:27	17.20	1:21:05	4:42	51	18:25	75	18:25
Schildwiese	20.10	1:32:02	4:34	64	24:06	85	25:40	37.30	2:53:07	4:38	51	40:33	75	40:33
Neuhaus	15.50	1:13:21	4:43	22	14:19	27	14:19	52.80	4:06:28	4:40	51	54:52	75	54:52
Masserberg	19.80	1:18:14	3:57	16	14:57	24	14:57	72.60	5:24:42	4:28	51	1:09:43	75	1:09:43
Allzunah	16.80	1:51:42	6:38	144	1:04:42	211	1:04:42	89.40	7:16:24	4:52	51	1:55:13	75	1:55:13
Grenzdler	19.80	1:31:44	4:37	34	17:54	49	19:55	109.20	8:48:08	4:50	51	2:13:07	75	2:13:07
Neue Ausspanne	13.80	1:05:52	4:46	42	15:38	49	15:38	123.00	9:54:00	4:49	51	2:28:27	75	2:28:27
Kleiner Inselsber	13.90	1:10:11	5:02	55	20:04	66	20:04	136.90	11:04:11	4:51	51	2:47:16	75	2:47:16
Hohe Sonne	19.70	1:33:26	4:44	67	25:56	89	25:56	156.60	12:37:37	4:50	51	3:13:12	75	3:13:12
Hörschel	14.70	1:30:04	6:07	130	36:06	179	36:06	171.30	14:07:41	4:56	52	3:49:18	66	3:49:18