



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

□□□□

Alpenverein Jena

□□□: 14:13:28

□□: 138

□□: 12.02 km/h

□□□□: 4:59 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 70 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 55(of 156)

Männerstaffel

□□□□□□□: 10:18:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:30:39	5:16	114	28:01	154	28:01	17.20	1:30:39	5:16	54	27:59	78	27:59
Schildwiese	20.10	1:47:58	5:22	131	40:02	190	41:36	37.30	3:18:37	5:19	54	1:06:03	78	1:06:03
Neuhaus	15.50	1:17:48	5:01	42	18:46	53	18:46	52.80	4:36:25	5:14	54	1:24:49	78	1:24:49
Masserberg	19.80	1:24:30	4:16	49	21:13	60	21:13	72.60	6:00:55	4:58	54	1:45:56	78	1:45:56
Allzunah	16.80	1:30:29	5:23	64	43:29	85	43:29	89.40	7:31:24	5:02	54	2:10:13	78	2:10:13
Grenzdler	19.80	1:32:10	4:39	39	18:20	54	20:21	109.20	9:03:34	4:58	54	2:28:33	78	2:28:33
Neue Ausspanne	13.80	1:06:09	4:47	43	15:55	50	15:55	123.00	10:09:43	4:57	54	2:44:10	78	2:44:10
Kleiner Inselsber	13.90	1:08:27	4:55	46	18:20	55	18:20	136.90	11:18:10	4:57	54	3:01:15	78	3:01:15
Hohe Sonne	19.70	1:37:20	4:56	84	29:50	112	29:50	156.60	12:55:30	4:57	54	3:31:05	78	3:31:05
Hörschel	14.70	1:17:58	5:18	74	24:00	95	24:00	171.30	14:13:28	4:58	55	3:55:05	70	3:55:05