



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Die Renn(s)tiger bei ihrem 11. Versuch□□: 15:15:49

□□: 59

□□: 11.20 km/h
□□□□: 5:21 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 135 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 22(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:25:26 | 4:58 | 19 | 15:59 | 97 | 22:48 | 17.20 | 1:25:26 | 4:58 | 54 | - | 237 | 22:46 |
| Schildwiese | 20.10 | 1:19:01 | 3:55 | 6 | 12:39 | 16 | 12:39 | 37.30 | 2:44:27 | 4:24 | 54 | - | 237 | 31:53 |
| Neuhaus | 15.50 | 1:45:53 | 6:49 | 57 | 36:02 | 218 | 46:51 | 52.80 | 4:30:20 | 5:07 | 54 | - | 237 | 1:18:44 |
| Masserberg | 19.80 | 1:48:47 | 5:29 | 54 | 40:52 | 213 | 45:30 | 72.60 | 6:19:07 | 5:13 | 54 | - | 159 | 2:04:08 |
| Allzunah | 16.80 | 1:26:55 | 5:10 | 11 | 13:12 | 53 | 39:55 | 89.40 | 7:46:02 | 5:12 | 54 | - | 237 | 2:24:51 |
| Grenzdler | 19.80 | 1:46:24 | 5:22 | 38 | 34:35 | 156 | 34:35 | 109.20 | 9:32:26 | 5:14 | 54 | - | 237 | 2:57:25 |
| Neue Ausspanne | 13.80 | 1:20:09 | 5:48 | 31 | 24:02 | 167 | 29:55 | 123.00 | 10:52:35 | 5:18 | 54 | - | 237 | 3:27:02 |
| Kleiner Inselsber | 13.90 | 1:22:14 | 5:54 | 35 | 24:09 | 174 | 32:07 | 136.90 | 12:14:49 | 5:22 | 54 | - | 237 | 3:57:54 |
| Hohe Sonne | 19.70 | 1:35:25 | 4:50 | 23 | 25:36 | 101 | 27:55 | 156.60 | 13:50:14 | 5:18 | 54 | - | 237 | 4:25:49 |
| Hirschel | 14.70 | 1:25:35 | 5:49 | 29 | 24:54 | 153 | 31:37 | 171.30 | 15:15:49 | 5:20 | 22 | 3:50:59 | 135 | 4:57:26 |