



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Forrest Gump Gedenkstaffel

□□□: 14:17:22

□□: 200

□□: 11.97 km/h

□□□□: 5:01 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 72 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 57(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.20 | 1:26:52 | 5:03 | 86 | 24:14 | 114 | 24:14 | 17.20 | 1:26:52 | 5:03 | 56 | 24:12 | 82 | 24:12 |
| Schildwiese | 20.10 | 1:31:05 | 4:31 | 58 | 23:09 | 78 | 24:43 | 37.30 | 2:57:57 | 4:46 | 56 | 45:23 | 82 | 45:23 |
| Neuhaus | 15.50 | 1:20:05 | 5:09 | 52 | 21:03 | 67 | 21:03 | 52.80 | 4:18:02 | 4:53 | 56 | 1:06:26 | 82 | 1:06:26 |
| Masserberg | 19.80 | 1:23:48 | 4:13 | 44 | 20:31 | 55 | 20:31 | 72.60 | 5:41:50 | 4:42 | 56 | 1:26:51 | 82 | 1:26:51 |
| Allzunah | 16.80 | 1:33:29 | 5:33 | 82 | 46:29 | 109 | 46:29 | 89.40 | 7:15:19 | 4:52 | 56 | 1:54:08 | 82 | 1:54:08 |
| Grenzdler | 19.80 | 1:33:48 | 4:44 | 50 | 19:58 | 70 | 21:59 | 109.20 | 8:49:07 | 4:50 | 56 | 2:14:06 | 82 | 2:14:06 |
| Neue Ausspanne | 13.80 | 1:17:04 | 5:35 | 116 | 26:50 | 150 | 26:50 | 123.00 | 10:06:11 | 4:55 | 56 | 2:40:38 | 82 | 2:40:38 |
| Kleiner Inselsber | 13.90 | 1:09:59 | 5:02 | 53 | 19:52 | 63 | 19:52 | 136.90 | 11:16:10 | 4:56 | 56 | 2:59:15 | 82 | 2:59:15 |
| Hohe Sonne | 19.70 | 1:42:02 | 5:10 | 112 | 34:32 | 153 | 34:32 | 156.60 | 12:58:12 | 4:58 | 56 | 3:33:47 | 82 | 3:33:47 |
| Hörschel | 14.70 | 1:19:10 | 5:23 | 83 | 25:12 | 105 | 25:12 | 171.30 | 14:17:22 | 5:00 | 57 | 3:58:59 | 72 | 3:58:59 |