



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Flinke Hirsche Friedrichroda

□□□: 14:18:29

□□: 166

□□: 11.97 km/h

□□□□: 5:01 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 73 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 58(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:29:01	5:10	103	26:23	136	26:23	17.20	1:29:01	5:10	57	26:21	84	26:21
Schildwiese	20.10	1:40:17	4:59	94	32:21	133	33:55	37.30	3:09:18	5:04	57	56:44	84	56:44
Neuhaus	15.50	1:16:09	4:54	33	17:07	41	17:07	52.80	4:25:27	5:01	57	1:13:51	84	1:13:51
Masserberg	19.80	1:29:51	4:32	72	26:34	94	26:34	72.60	5:55:18	4:53	57	1:40:19	84	1:40:19
Allzunah	16.80	1:37:07	5:46	97	50:07	133	50:07	89.40	7:32:25	5:03	57	2:11:14	84	2:11:14
Grenzdler	19.80	1:42:24	5:10	93	28:34	127	30:35	109.20	9:14:49	5:04	57	2:39:48	84	2:39:48
Neue Ausspanne	13.80	1:10:54	5:08	77	20:40	92	20:40	123.00	10:25:43	5:05	57	3:00:10	84	3:00:10
Kleiner Inselsber	13.90	1:06:58	4:49	31	16:51	39	16:51	136.90	11:32:41	5:03	57	3:15:46	84	3:15:46
Hohe Sonne	19.70	1:24:10	4:16	21	16:40	32	16:40	156.60	12:56:51	4:57	57	3:32:26	84	3:32:26
Hirschel	14.70	1:21:38	5:33	94	27:40	119	27:40	171.30	14:18:29	5:00	58	4:00:06	73	4:00:06