



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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RunningGag

□□□: 14:20:54

□□: 193

□□: 11.92 km/h

□□□□: 5:02 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 76 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 60(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:22:24	4:47	51	19:46	67	19:46	17.20	1:22:24	4:47	58	19:44	86	19:44
Schildwiese	20.10	1:33:32	4:39	73	25:36	95	27:10	37.30	2:55:56	4:43	58	43:22	86	43:22
Neuhaus	15.50	1:01:24	3:57	3	2:22	3	2:22	52.80	3:57:20	4:29	58	45:44	86	45:44
Masserberg	19.80	1:26:56	4:23	65	23:39	80	23:39	72.60	5:24:16	4:27	58	1:09:17	86	1:09:17
Allzunah	16.80	1:28:29	5:16	53	41:29	68	41:29	89.40	6:52:45	4:37	58	1:31:34	86	1:31:34
Grenzdler	19.80	1:41:08	5:06	87	27:18	119	29:19	109.20	8:33:53	4:42	58	1:58:52	86	1:58:52
Neue Ausspanne	13.80	1:22:07	5:57	134	31:53	180	31:53	123.00	9:56:00	4:50	58	2:30:27	86	2:30:27
Kleiner Inselsber	13.90	1:29:45	6:27	148	39:38	209	39:38	136.90	11:25:45	5:00	58	3:08:50	86	3:08:50
Hohe Sonne	19.70	1:46:57	5:25	129	39:27	181	39:27	156.60	13:12:42	5:03	58	3:48:17	86	3:48:17
Hirschel	14.70	1:08:12	4:38	28	14:14	33	14:14	171.30	14:20:54	5:01	60	4:02:31	76	4:02:31