



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

□□□□

SSV Erfurt 02 Mix

□□□: 15:21:02

□□: 28

□□: 11.14 km/h

□□□□: 5:23 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 143 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 24(of 64)

Mixstaffel

□□□□□□□: 11:24:50

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:29:35 | 5:12 | 34 | 20:08 | 147 | 26:57 | 17.20 | 1:29:35 | 5:12 | 56 | 1:18 | 237 | 26:55 |
| Schildwiese | 20.10 | 1:41:31 | 5:03 | 39 | 35:09 | 150 | 35:09 | 37.30 | 3:11:06 | 5:07 | 56 | 0:49 | 93 | 58:32 |
| Neuhaus | 15.50 | 1:14:35 | 4:48 | 6 | 4:44 | 32 | 15:33 | 52.80 | 4:25:41 | 5:01 | 56 | | 237 | 1:14:05 |
| Masserberg | 19.80 | 1:29:44 | 4:31 | 18 | 21:49 | 92 | 26:27 | 72.60 | 5:55:25 | 4:53 | 56 | | 237 | 1:40:26 |
| Allzunah | 16.80 | 1:39:16 | 5:54 | 32 | 25:33 | 144 | 52:16 | 89.40 | 7:34:41 | 5:05 | 56 | | 237 | 2:13:30 |
| Grenzdler | 19.80 | 1:57:37 | 5:56 | 57 | 45:48 | 207 | 45:48 | 109.20 | 9:32:18 | 5:14 | 56 | | 237 | 2:57:17 |
| Neue Ausspanne | 13.80 | 1:25:53 | 6:13 | 45 | 29:46 | 204 | 35:39 | 123.00 | 10:58:11 | 5:21 | 56 | | 237 | 3:32:38 |
| Kleiner Inselsber | 13.90 | 1:10:45 | 5:05 | 10 | 12:40 | 73 | 20:38 | 136.90 | 12:08:56 | 5:19 | 56 | | 237 | 3:52:01 |
| Hohe Sonne | 19.70 | 1:29:18 | 4:31 | 13 | 19:29 | 61 | 21:48 | 156.60 | 13:38:14 | 5:13 | 56 | | 237 | 4:13:49 |
| Hörschel | 14.70 | 1:42:48 | 6:59 | 58 | 42:07 | 225 | 48:50 | 171.30 | 15:21:02 | 5:22 | 24 | 3:56:12 | 143 | 5:02:39 |