



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Dolmarhoppers

□□□: 14:27:43

□□: 205

□□: 11.82 km/h

□□□□: 5:04 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 81 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 64(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach          | 17.20    | 1:21:32  | 4:44         | 45      | 18:54   | 59        | 18:54     | 17.20  | 1:21:32  | 4:44 | 62      | 18:52   | 92        | 18:52     |
| Schildwiese       | 20.10    | 1:41:08  | 5:01         | 99      | 33:12   | 142       | 34:46     | 37.30  | 3:02:40  | 4:53 | 62      | 50:06   | 92        | 50:06     |
| Neuhaus           | 15.50    | 1:23:48  | 5:24         | 72      | 24:46   | 92        | 24:46     | 52.80  | 4:26:28  | 5:02 | 62      | 1:14:52 | 92        | 1:14:52   |
| Masserberg        | 19.80    | 1:32:37  | 4:40         | 99      | 29:20   | 128       | 29:20     | 72.60  | 5:59:05  | 4:56 | 62      | 1:44:06 | 92        | 1:44:06   |
| Allzunah          | 16.80    | 1:35:37  | 5:41         | 92      | 48:37   | 126       | 48:37     | 89.40  | 7:34:42  | 5:05 | 62      | 2:13:31 | 92        | 2:13:31   |
| Grenzadler        | 19.80    | 1:35:09  | 4:48         | 57      | 21:19   | 82        | 23:20     | 109.20 | 9:09:51  | 5:02 | 62      | 2:34:50 | 92        | 2:34:50   |
| Neue Ausspanne    | 13.80    | 1:08:00  | 4:55         | 58      | 17:46   | 69        | 17:46     | 123.00 | 10:17:51 | 5:01 | 62      | 2:52:18 | 92        | 2:52:18   |
| Kleiner Inselsber | 13.90    | 1:18:51  | 5:40         | 114     | 28:44   | 142       | 28:44     | 136.90 | 11:36:42 | 5:05 | 62      | 3:19:47 | 92        | 3:19:47   |
| Hohe Sonne        | 19.70    | 1:31:57  | 4:40         | 58      | 24:27   | 79        | 24:27     | 156.60 | 13:08:39 | 5:02 | 62      | 3:44:14 | 92        | 3:44:14   |
| Hörschel          | 14.70    | 1:19:04  | 5:22         | 82      | 25:06   | 104       | 25:06     | 171.30 | 14:27:43 | 5:03 | 64      | 4:09:20 | 81        | 4:09:20   |