



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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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
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