



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Sport frei...!!!

□□: 179

□□: 171.30 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 14:27:59

□□: 11.82 km/h

□□□□: 5:04 min/km

□□□□□: 82 (of 236)

□□□□□□: 10:18:23

□□□□□: 65(of 156)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:29:30	5:12	109	26:52	146	26:52	17.20	1:29:30	5:12	63	26:50	93	26:50
Schildwiese	20.10	1:41:36	5:03	105	33:40	151	35:14	37.30	3:11:06	5:07	63	58:32	93	58:32
Neuhaus	15.50	1:23:19	5:22	66	24:17	86	24:17	52.80	4:34:25	5:11	63	1:22:49	93	1:22:49
Masserberg	19.80	1:26:51	4:23	64	23:34	78	23:34	72.60	6:01:16	4:58	63	1:46:17	93	1:46:17
Allzunah	16.80	1:32:23	5:29	79	45:23	104	45:23	89.40	7:33:39	5:04	63	2:12:28	93	2:12:28
Grenzdler	19.80	1:34:02	4:44	52	20:12	74	22:13	109.20	9:07:41	5:00	63	2:32:40	93	2:32:40
Neue Ausspanne	13.80	1:11:07	5:09	78	20:53	93	20:53	123.00	10:18:48	5:01	63	2:53:15	93	2:53:15
Kleiner Inselsber	13.90	1:16:48	5:31	104	26:41	125	26:41	136.90	11:35:36	5:04	63	3:18:41	93	3:18:41
Hohe Sonne	19.70	1:28:43	4:30	44	21:13	58	21:13	156.60	13:04:19	5:00	63	3:39:54	93	3:39:54
Hörschel	14.70	1:23:40	5:41	106	29:42	138	29:42	171.30	14:27:59	5:04	65	4:09:36	82	4:09:36