



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Erbstromtaler Schmalwaden 10 X dabei: 14:32:47

□□: 171

□□: 11.76 km/h  
 □□□□: 5:06 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 86 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 68(of 156)

Männerstaffel

□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:29:05	5:10	104	26:27	138	26:27	17.20	1:29:05	5:10	66	26:25	97	26:25
Schildwiese	20.10	1:39:06	4:55	92	31:10	128	32:44	37.30	3:08:11	5:02	66	55:37	97	55:37
Neuhaus	15.50	1:20:40	5:12	55	21:38	71	21:38	52.80	4:28:51	5:05	66	1:17:15	97	1:17:15
Masserberg	19.80	1:26:06	4:20	58	22:49	70	22:49	72.60	5:54:57	4:53	66	1:39:58	97	1:39:58
Allzunah	16.80	1:27:24	5:12	44	40:24	56	40:24	89.40	7:22:21	4:56	66	2:01:10	97	2:01:10
Grenzdler	19.80	1:44:39	5:17	103	30:49	142	32:50	109.20	9:07:00	5:00	66	2:31:59	97	2:31:59
Neue Ausspanne	13.80	1:10:16	5:05	72	20:02	87	20:02	123.00	10:17:16	5:01	66	2:51:43	97	2:51:43
Kleiner Inselsber	13.90	1:14:08	5:20	86	24:01	104	24:01	136.90	11:31:24	5:03	66	3:14:29	97	3:14:29
Hohe Sonne	19.70	1:38:55	5:01	95	31:25	128	31:25	156.60	13:10:19	5:02	66	3:45:54	97	3:45:54
Hörschel	14.70	1:22:28	5:36	101	28:30	129	28:30	171.30	14:32:47	5:05	68	4:14:24	86	4:14:24