



36. GutsMuths Rennsteiglauf

Schnepfenthal - Oberhof / 17.05.2008

□□□□

Effenberger, Adalbert

□□□: 6:57:32

□□: Weiß-Rot Schirgiswalde

□□: 5.26 km/h

□□: 46450

□□□□□□: 816

□□: 36.60 km

□□□□: 48.24

Wandern/ Walking/ Nordic-Walking (W35)

□□□□: 247 □

□□□□

| □□□ | km □□□ | km □□ | □□ | □□□ □□ | □□ □□ |
|----------------------|--------|-------|-------|--------|-------|
| Schnepfenthal | 0 | 0 | 07:01 | 00:00 | 00:00 |
| Schmidts Wiese | 10.4 | 10.4 | 08:47 | 01:46 | 01:46 |
| Possenröder Kreuz | 14.7 | 4.3 | 09:36 | 02:34 | 00:48 |
| Ebertswiese | 18.5 | 3.8 | 10:27 | 03:25 | 00:51 |
| Neue Ausspanne | 21.3 | 2.8 | 11:18 | 04:16 | 00:50 |
| Neuhöfer Wiese | 25.8 | 4.5 | 12:11 | 05:10 | 00:53 |
| Gustav-Freytag-Stein | 33.0 | 7.2 | 13:22 | 06:21 | 01:11 |
| Grenzdler | 36.6 | 3.6 | 13:59 | 06:57 | 00:36 |