



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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sc impuls Erfurt I

□□□: 11:50:39

□□: 36

□□: 14.18 km/h  
□□□□: 4:13 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 7 (of 230)

□□□□□□: 10:30:45

□□□□:

Männerstaffel

□□□□□: 6(of 143)

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:11:32	4:03	6	8:04	8	8:04	17.60	1:11:32	4:03	6	8:04	8	8:04
Schildwiese	18.60	1:12:14	3:53	3	3:21	7	4:10	36.20	2:23:46	3:58	4	9:50	6	9:50
Neuhaus	16.00	1:16:33	4:47	33	17:16	38	17:16	52.20	3:40:19	4:13	8	26:32	8	26:32
Masserberg	17.30	1:08:54	3:58	6	4:10	6	4:10	69.50	4:49:13	4:09	5	28:56	5	28:56
Allzunah	17.90	1:21:48	4:34	18	13:42	23	13:48	87.40	6:11:01	4:14	7	40:02	8	40:02
Grenzdler	20.00	1:24:57	4:14	17	12:50	25	12:50	107.40	7:35:58	4:14	9	52:52	11	52:52
Neue Ausspanne	13.70	59:26	4:20	15	10:00	17	10:00	121.10	8:35:24	4:15	9	1:02:52	10	1:02:52
Kleiner Inselsber	13.90	59:39	4:17	9	10:46	11	10:46	135.00	9:35:03	4:15	9	1:12:06	10	1:12:06
Hohe Sonne	18.90	1:18:59	4:10	9	7:21	14	9:27	153.90	10:54:02	4:14	7	1:19:20	9	1:19:20
Hörschel	15.00	56:37	3:46	5	6:19	5	6:19	168.90	11:50:39	4:12	6	1:19:54	7	1:19:54