



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Holzland 10-er

□□□: 14:48:18

□□: 50

□□: 11.35 km/h

□□□□: 5:16 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 88 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 70(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:29:54	5:06	64	26:26	96	26:26	17.60	1:29:54	5:06	64	26:26	96	26:26
Schildwiese	18.60	1:32:08	4:57	66	23:15	95	24:04	36.20	3:02:02	5:01	63	48:06	88	48:06
Neuhaus	16.00	1:15:44	4:44	28	16:27	33	16:27	52.20	4:17:46	4:56	42	1:03:59	58	1:03:59
Masserberg	17.30	1:45:15	6:05	129	40:31	190	40:31	69.50	6:03:01	5:13	77	1:42:44	98	1:42:44
Allzunah	17.90	1:28:41	4:57	38	20:35	48	20:41	87.40	7:31:42	5:10	62	2:00:43	78	2:00:43
Grenzdler	20.00	1:47:05	5:21	98	34:58	152	34:58	107.40	9:18:47	5:12	68	2:35:41	87	2:35:41
Neue Ausspanne	13.70	1:12:52	5:19	75	23:26	93	23:26	121.10	10:31:39	5:12	68	2:59:07	84	2:59:07
Kleiner Inselsber	13.90	1:15:36	5:26	75	26:43	100	26:43	135.00	11:47:15	5:14	68	3:24:18	86	3:24:18
Hohe Sonne	18.90	1:48:05	5:43	118	36:27	175	38:33	153.90	13:35:20	5:17	79	4:00:38	98	4:00:38
Hörschel	15.00	1:12:58	4:51	58	22:40	71	22:40	168.90	14:48:18	5:15	70	4:17:33	88	4:17:33