



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Trefffurter Sperrachen Männer

□□□: 14:46:38

□□: 67

□□: 11.37 km/h
□□□□: 5:15 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 85 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 67(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:38:27	5:35	106	34:59	162	34:59	17.60	1:38:27	5:35	106	34:59	162	34:59
Schildwiese	18.60	1:42:28	5:30	120	33:35	176	34:24	36.20	3:20:55	5:33	124	1:06:59	177	1:06:59
Neuhaus	16.00	1:37:20	6:04	130	38:03	184	38:03	52.20	4:58:15	5:42	129	1:44:28	182	1:44:28
Masserberg	17.30	1:37:23	5:37	104	32:39	149	32:39	69.50	6:35:38	5:41	127	2:15:21	173	2:15:21
Allzunah	17.90	1:32:30	5:10	57	24:24	73	24:30	87.40	8:08:08	5:35	111	2:37:09	146	2:37:09
Grenzdler	20.00	1:39:18	4:57	71	27:11	108	27:11	107.40	9:47:26	5:28	103	3:04:20	134	3:04:20
Neue Ausspanne	13.70	1:16:07	5:33	94	26:41	123	26:41	121.10	11:03:33	5:28	104	3:31:01	132	3:31:01
Kleiner Inselsber	13.90	1:09:03	4:58	43	20:10	52	20:10	135.00	12:12:36	5:25	95	3:49:39	117	3:49:39
Hohe Sonne	18.90	1:26:58	4:36	32	15:20	44	17:26	153.90	13:39:34	5:19	83	4:04:52	103	4:04:52
Hörschel	15.00	1:07:04	4:28	26	16:46	27	16:46	168.90	14:46:38	5:14	67	4:15:53	85	4:15:53