



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Sport frei!

□□: 54

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 14:52:13

□□: 11.30 km/h

□□□□: 5:17 min/km

□□□□□: 93 (of 230)

□□□□□□: 10:30:45

□□□□□: 75(of 143)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:35:29	5:25	93	32:01	137	32:01	17.60	1:35:29	5:25	93	32:01	137	32:01
Schildwiese	18.60	1:38:40	5:18	114	29:47	156	30:36	36.20	3:14:09	5:21	101	1:00:13	145	1:00:13
Neuhaus	16.00	1:30:05	5:37	107	30:48	137	30:48	52.20	4:44:14	5:26	108	1:30:27	138	1:30:27
Masserberg	17.30	1:33:23	5:23	92	28:39	130	28:39	69.50	6:17:37	5:26	104	1:57:20	134	1:57:20
Allzunah	17.90	1:27:27	4:53	31	19:21	39	19:27	87.40	7:45:04	5:19	84	2:14:05	107	2:14:05
Grenzdler	20.00	1:35:45	4:47	55	23:38	82	23:38	107.40	9:20:49	5:13	70	2:37:43	90	2:37:43
Neue Ausspanne	13.70	1:18:24	5:43	103	28:58	143	28:58	121.10	10:39:13	5:16	75	3:06:41	94	3:06:41
Kleiner Inselsber	13.90	1:28:27	6:21	131	39:34	202	39:34	135.00	12:07:40	5:23	90	3:44:43	111	3:44:43
Hohe Sonne	18.90	1:29:34	4:44	45	17:56	59	20:02	153.90	13:37:14	5:18	80	4:02:32	100	4:02:32
Hörschel	15.00	1:14:59	4:59	62	24:41	77	24:41	168.90	14:52:13	5:16	75	4:21:28	93	4:21:28