



18. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2016

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Suhler Amtsschimmel

□□□: 15:54:24

□□: 211

□□: 10.56 km/h
□□□□: 5:39 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 167 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 42(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:34:10 | 5:21 | 39 | 23:32 | 130 | 30:42 | 17.60 | 1:34:10 | 5:21 | 39 | 23:32 | 231 | 30:42 |
| Schildwiese | 18.60 | 1:50:42 | 5:57 | 61 | 42:38 | 202 | 42:38 | 36.20 | 3:24:52 | 5:39 | 53 | 1:03:08 | 231 | 1:10:56 |
| Neuhaus | 16.00 | 1:31:38 | 5:43 | 33 | 23:47 | 147 | 32:21 | 52.20 | 4:56:30 | 5:40 | 46 | 1:15:29 | 231 | 1:42:43 |
| Masserberg | 17.30 | 1:38:46 | 5:42 | 42 | 28:19 | 158 | 34:02 | 69.50 | 6:35:16 | 5:41 | 43 | 1:43:48 | 231 | 2:14:59 |
| Allzunah | 17.90 | 1:48:26 | 6:03 | 52 | 40:26 | 179 | 40:26 | 87.40 | 8:23:42 | 5:45 | 48 | 2:16:27 | 231 | 2:52:43 |
| Grenzdler | 20.00 | 1:34:49 | 4:44 | 22 | 20:30 | 71 | 22:42 | 107.40 | 9:58:31 | 5:34 | 39 | 2:36:57 | 231 | 3:15:25 |
| Neue Ausspanne | 13.70 | 1:14:18 | 5:25 | 18 | 19:05 | 110 | 24:52 | 121.10 | 11:12:49 | 5:33 | 32 | 2:49:22 | 231 | 3:40:17 |
| Kleiner Inselsber | 13.90 | 1:25:08 | 6:07 | 54 | 30:16 | 186 | 36:15 | 135.00 | 12:37:57 | 5:36 | 34 | 3:14:18 | 231 | 4:15:00 |
| Hohe Sonne | 18.90 | 1:57:32 | 6:13 | 66 | 48:00 | 212 | 48:00 | 153.90 | 14:35:29 | 5:41 | 41 | 3:58:36 | 230 | 5:00:47 |
| Hirschel | 15.00 | 1:18:55 | 5:15 | 21 | 15:39 | 108 | 28:37 | 168.90 | 15:54:24 | 5:39 | 42 | 4:14:15 | 167 | 5:23:39 |