



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

□□□□

ilmrunners

□□: 143

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Mixstaffel

□□□: 15:55:27

□□: 10.55 km/h

□□□□: 5:40 min/km

□□□□□: 170 (of 230)

□□□□□□: 10:30:45

□□□□□: 43(of 75)

□□□□□□□: 11:40:09

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:49:55 | 6:14 | 67 | 39:17 | 217 | 46:27 | 17.60 | 1:49:55 | 6:14 | 67 | 39:17 | 231 | 46:27 |
| Schildwiese | 18.60 | 1:35:09 | 5:06 | 33 | 27:05 | 123 | 27:05 | 36.20 | 3:25:04 | 5:39 | 54 | 1:03:20 | 231 | 1:11:08 |
| Neuhaus | 16.00 | 1:41:36 | 6:20 | 54 | 33:45 | 198 | 42:19 | 52.20 | 5:06:40 | 5:52 | 60 | 1:25:39 | 231 | 1:52:53 |
| Masserberg | 17.30 | 1:38:13 | 5:40 | 41 | 27:46 | 156 | 33:29 | 69.50 | 6:44:53 | 5:49 | 56 | 1:53:25 | 231 | 2:24:36 |
| Allzunah | 17.90 | 1:25:38 | 4:47 | 7 | 17:38 | 32 | 17:38 | 87.40 | 8:10:31 | 5:36 | 33 | 2:03:16 | 231 | 2:39:32 |
| Grenzdler | 20.00 | 1:45:52 | 5:17 | 49 | 31:33 | 146 | 33:45 | 107.40 | 9:56:23 | 5:33 | 35 | 2:34:49 | 231 | 3:13:17 |
| Neue Ausspanne | 13.70 | 1:22:03 | 5:59 | 42 | 26:50 | 166 | 32:37 | 121.10 | 11:18:26 | 5:36 | 38 | 2:54:59 | 231 | 3:45:54 |
| Kleiner Inselsber | 13.90 | 1:05:04 | 4:40 | 7 | 10:12 | 35 | 16:11 | 135.00 | 12:23:30 | 5:30 | 26 | 2:59:51 | 231 | 4:00:33 |
| Hohe Sonne | 18.90 | 1:49:40 | 5:48 | 53 | 40:08 | 184 | 40:08 | 153.90 | 14:13:10 | 5:32 | 30 | 3:36:17 | 230 | 4:38:28 |
| Hörschel | 15.00 | 1:42:17 | 6:49 | 71 | 39:01 | 220 | 51:59 | 168.90 | 15:55:27 | 5:39 | 43 | 4:15:18 | 170 | 5:24:42 |