



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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fit & run Wilde Fünfziger

□□□: 14:58:55

□□: 116

□□: 11.21 km/h

□□□□: 5:19 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 99 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 81(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.60	1:25:32	4:51	42	22:04	62	22:04	17.60	1:25:32	4:51	42	22:04	62	22:04
Schildwiese	18.60	1:36:38	5:11	99	27:45	136	28:34	36.20	3:02:10	5:01	65	48:14	90	48:14
Neuhaus	16.00	1:27:48	5:29	94	28:31	116	28:31	52.20	4:29:58	5:10	71	1:16:11	93	1:16:11
Masserberg	17.30	1:21:49	4:43	31	17:05	41	17:05	69.50	5:51:47	5:03	50	1:31:30	67	1:31:30
Allzunah	17.90	1:36:53	5:24	82	28:47	108	28:53	87.40	7:28:40	5:08	57	1:57:41	72	1:57:41
Grenzdler	20.00	2:04:38	6:13	135	52:31	208	52:31	107.40	9:33:18	5:20	85	2:50:12	111	2:50:12
Neue Ausspanne	13.70	1:10:09	5:07	62	20:43	74	20:43	121.10	10:43:27	5:18	82	3:10:55	101	3:10:55
Kleiner Inselsber	13.90	1:16:09	5:28	78	27:16	106	27:16	135.00	11:59:36	5:19	78	3:36:39	97	3:36:39
Hohe Sonne	18.90	1:39:20	5:15	86	27:42	121	29:48	153.90	13:38:56	5:19	81	4:04:14	101	4:04:14
Hörschel	15.00	1:19:59	5:19	89	29:41	114	29:41	168.90	14:58:55	5:19	81	4:28:10	99	4:28:10