



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Long Island Ice Tea

□□□: 14:59:51

□□: 22

□□: 11.20 km/h
□□□□: 5:20 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 103 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 85(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:47:11	6:05	138	43:43	211	43:43	17.60	1:47:11	6:05	138	43:43	211	43:43
Schildwiese	18.60	1:20:23	4:19	16	11:30	28	12:19	36.20	3:07:34	5:10	81	53:38	116	53:38
Neuhaus	16.00	1:26:31	5:24	87	27:14	109	27:14	52.20	4:34:05	5:15	77	1:20:18	104	1:20:18
Masserberg	17.30	1:52:14	6:29	137	47:30	214	47:30	69.50	6:26:19	5:33	112	2:06:02	149	2:06:02
Allzunah	17.90	1:32:01	5:08	52	23:55	67	24:01	87.40	7:58:20	5:28	98	2:27:21	127	2:27:21
Grenzdler	20.00	1:25:23	4:16	20	13:16	29	13:16	107.40	9:23:43	5:14	78	2:40:37	99	2:40:37
Neue Ausspanne	13.70	1:30:08	6:34	141	40:42	219	40:42	121.10	10:53:51	5:23	93	3:21:19	118	3:21:19
Kleiner Inselsber	13.90	1:10:04	5:02	47	21:11	58	21:11	135.00	12:03:55	5:21	84	3:40:58	105	3:40:58
Hohe Sonne	18.90	1:38:35	5:12	83	26:57	117	29:03	153.90	13:42:30	5:20	84	4:07:48	104	4:07:48
Hörschel	15.00	1:17:21	5:09	74	27:03	93	27:03	168.90	14:59:51	5:19	85	4:29:06	103	4:29:06