



18. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2016

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Philippsthaler Landgrafen

□□□: 15:12:37

□□: 72

□□: 11.05 km/h

□□□□: 5:24 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 117 (of 230)

□□□□□□: 10:30:45

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□□□□□: 95(of 143)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:37:18	5:31	101	33:50	151	33:50	17.60	1:37:18	5:31	101	33:50	151	33:50
Schildwiese	18.60	1:36:38	5:11	99	27:45	136	28:34	36.20	3:13:56	5:21	100	1:00:00	144	1:00:00
Neuhaus	16.00	1:25:50	5:21	84	26:33	102	26:33	52.20	4:39:46	5:21	92	1:25:59	120	1:25:59
Masserberg	17.30	1:35:29	5:31	98	30:45	137	30:45	69.50	6:15:15	5:23	96	1:54:58	125	1:54:58
Allzunah	17.90	2:00:18	6:43	139	52:12	219	52:18	87.40	8:15:33	5:40	120	2:44:34	162	2:44:34
Grenzdler	20.00	1:39:03	4:57	68	26:56	105	26:56	107.40	9:54:36	5:32	111	3:11:30	147	3:11:30
Neue Ausspanne	13.70	1:13:49	5:23	85	24:23	106	24:23	121.10	11:08:25	5:31	111	3:35:53	143	3:35:53
Kleiner Inselsber	13.90	1:21:25	5:51	110	32:32	157	32:32	135.00	12:29:50	5:33	113	4:06:53	144	4:06:53
Hohe Sonne	18.90	1:35:42	5:03	73	24:04	101	26:10	153.90	14:05:32	5:29	105	4:30:50	133	4:30:50
Hirschel	15.00	1:07:05	4:28	27	16:47	28	16:47	168.90	15:12:37	5:24	95	4:41:52	117	4:41:52