



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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coolrunnings

□□: 168

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 15:18:55

□□: 10.97 km/h

□□□□: 5:26 min/km

□□□□□: 125 (of 230)

□□□□□□: 10:30:45

□□□□□: 101(of 143)

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:34:02	5:20	86	30:34	127	30:34	17.60	1:34:02	5:20	86	30:34	127	30:34
Schildwiese	18.60	1:37:20	5:13	104	28:27	145	29:16	36.20	3:11:22	5:17	90	57:26	132	57:26
Neuhaus	16.00	1:28:28	5:31	97	29:11	119	29:11	52.20	4:39:50	5:21	94	1:26:03	122	1:26:03
Masserberg	17.30	1:28:32	5:07	67	23:48	93	23:48	69.50	6:08:22	5:18	83	1:48:05	107	1:48:05
Allzunah	17.90	1:32:52	5:11	60	24:46	76	24:52	87.40	7:41:14	5:16	76	2:10:15	96	2:10:15
Grenzdler	20.00	1:47:19	5:21	100	35:12	154	35:12	107.40	9:28:33	5:17	81	2:45:27	103	2:45:27
Neue Ausspanne	13.70	1:28:09	6:26	136	38:43	210	38:43	121.10	10:56:42	5:25	99	3:24:10	125	3:24:10
Kleiner Inselsber	13.90	1:14:17	5:20	63	25:24	84	25:24	135.00	12:10:59	5:24	94	3:48:02	116	3:48:02
Hohe Sonne	18.90	1:49:43	5:48	123	38:05	186	40:11	153.90	14:00:42	5:27	103	4:26:00	130	4:26:00
Hörschel	15.00	1:18:13	5:12	82	27:55	105	27:55	168.90	15:18:55	5:26	101	4:48:10	125	4:48:10