



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Die Ahnungslosen

□□□: 15:32:23

□□: 48

□□: 10.81 km/h

□□□□: 5:31 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 135 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 106(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|-----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.60 | 1:35:18 | 5:24 | 92 | 31:50 | 135 | 31:50 | 17.60 | 1:35:18 | 5:24 | 92 | 31:50 | 135 | 31:50 |
| Schildwiese | 18.60 | 1:33:15 | 5:00 | 71 | 24:22 | 102 | 25:11 | 36.20 | 3:08:33 | 5:12 | 84 | 54:37 | 122 | 54:37 |
| Neuhaus | 16.00 | 1:27:29 | 5:28 | 91 | 28:12 | 113 | 28:12 | 52.20 | 4:36:02 | 5:17 | 85 | 1:22:15 | 112 | 1:22:15 |
| Masserberg | 17.30 | 1:39:35 | 5:45 | 113 | 34:51 | 162 | 34:51 | 69.50 | 6:15:37 | 5:24 | 97 | 1:55:20 | 126 | 1:55:20 |
| Allzunah | 17.90 | 1:53:44 | 6:21 | 132 | 45:38 | 197 | 45:44 | 87.40 | 8:09:21 | 5:35 | 113 | 2:38:22 | 148 | 2:38:22 |
| Grenzdler | 20.00 | 1:39:03 | 4:57 | 68 | 26:56 | 105 | 26:56 | 107.40 | 9:48:24 | 5:28 | 105 | 3:05:18 | 136 | 3:05:18 |
| Neue Ausspanne | 13.70 | 1:25:16 | 6:13 | 124 | 35:50 | 186 | 35:50 | 121.10 | 11:13:40 | 5:33 | 114 | 3:41:08 | 149 | 3:41:08 |
| Kleiner Inselsber | 13.90 | 1:21:23 | 5:51 | 109 | 32:30 | 156 | 32:30 | 135.00 | 12:35:03 | 5:35 | 116 | 4:12:06 | 151 | 4:12:06 |
| Hohe Sonne | 18.90 | 1:39:34 | 5:16 | 89 | 27:56 | 124 | 30:02 | 153.90 | 14:14:37 | 5:33 | 112 | 4:39:55 | 145 | 4:39:55 |
| Hörschel | 15.00 | 1:17:46 | 5:11 | 78 | 27:28 | 99 | 27:28 | 168.90 | 15:32:23 | 5:31 | 106 | 5:01:38 | 135 | 5:01:38 |