



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Die Luftpumpen des Meininger Mountainbikes

□□: 227

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□: 10.73 km/h

□□□□: 5:34 min/km

□□□□□: 142 (of 230)

□□□□□□: 10:30:45

□□□□□: 111(of 143)

□□□□□□□: 10:30:45

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|------|-----|---------|-----|---------|
| Grumbach | 17.60 | 1:27:59 | 4:59 | 53 | 24:31 | 81 | 24:31 | 17.60 | 1:27:59 | 4:59 | 53 | 24:31 | 81 | 24:31 |
| Schildwiese | 18.60 | 1:27:02 | 4:40 | 36 | 18:09 | 56 | 18:58 | 36.20 | 2:55:01 | 4:50 | 35 | 41:05 | 55 | 41:05 |
| Neuhaus | 16.00 | 1:41:33 | 6:20 | 134 | 42:16 | 197 | 42:16 | 52.20 | 4:36:34 | 5:17 | 87 | 1:22:47 | 114 | 1:22:47 |
| Masserberg | 17.30 | 1:27:32 | 5:03 | 59 | 22:48 | 81 | 22:48 | 69.50 | 6:04:06 | 5:14 | 80 | 1:43:49 | 101 | 1:43:49 |
| Allzunah | 17.90 | 1:59:50 | 6:41 | 138 | 51:44 | 216 | 51:50 | 87.40 | 8:03:56 | 5:32 | 107 | 2:32:57 | 138 | 2:32:57 |
| Grenzdler | 20.00 | 1:51:31 | 5:34 | 120 | 39:24 | 182 | 39:24 | 107.40 | 9:55:27 | 5:32 | 114 | 3:12:21 | 151 | 3:12:21 |
| Neue Ausspanne | 13.70 | 1:14:27 | 5:26 | 90 | 25:01 | 113 | 25:01 | 121.10 | 11:09:54 | 5:31 | 113 | 3:37:22 | 146 | 3:37:22 |
| Kleiner Inselsber | 13.90 | 1:21:54 | 5:53 | 113 | 33:01 | 161 | 33:01 | 135.00 | 12:31:48 | 5:34 | 114 | 4:08:51 | 148 | 4:08:51 |
| Hohe Sonne | 18.90 | 1:24:46 | 4:29 | 21 | 13:08 | 31 | 15:14 | 153.90 | 13:56:34 | 5:26 | 100 | 4:21:52 | 124 | 4:21:52 |
| Hörschel | 15.00 | 1:42:46 | 6:51 | 138 | 52:28 | 221 | 52:28 | 168.90 | 15:39:20 | 5:33 | 111 | 5:08:35 | 142 | 5:08:35 |