



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

□□□□

Wartburg-Sparkasse Mix

□□□: 16:38:52

□□: 203

□□: 10.09 km/h

□□□□: 5:55 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 205 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 63(of 75)

Mixstaffel

□□□□□□□: 11:40:09

□□□□

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.60 | 1:52:15 | 6:22 | 71 | 41:37 | 224 | 48:47 | 17.60 | 1:52:15 | 6:22 | 71 | 41:37 | 231 | 48:47 |
| Schildwiese | 18.60 | 1:39:56 | 5:22 | 43 | 31:52 | 161 | 31:52 | 36.20 | 3:32:11 | 5:51 | 63 | 1:10:27 | 231 | 1:18:15 |
| Neuhaus | 16.00 | 1:26:29 | 5:24 | 19 | 18:38 | 108 | 27:12 | 52.20 | 4:58:40 | 5:43 | 52 | 1:17:39 | 231 | 1:44:53 |
| Masserberg | 17.30 | 1:50:08 | 6:21 | 64 | 39:41 | 209 | 45:24 | 69.50 | 6:48:48 | 5:52 | 60 | 1:57:20 | 231 | 2:28:31 |
| Allzunah | 17.90 | 1:57:53 | 6:35 | 65 | 49:53 | 210 | 49:53 | 87.40 | 8:46:41 | 6:01 | 61 | 2:39:26 | 231 | 3:15:42 |
| Grenzdler | 20.00 | 1:50:32 | 5:31 | 57 | 36:13 | 174 | 38:25 | 107.40 | 10:37:13 | 5:55 | 61 | 3:15:39 | 231 | 3:54:07 |
| Neue Ausspanne | 13.70 | 1:35:38 | 6:58 | 73 | 40:25 | 227 | 46:12 | 121.10 | 12:12:51 | 6:03 | 69 | 3:49:24 | 231 | 4:40:19 |
| Kleiner Inselsber | 13.90 | 1:10:03 | 5:02 | 10 | 15:11 | 57 | 21:10 | 135.00 | 13:22:54 | 5:56 | 62 | 3:59:15 | 231 | 4:59:57 |
| Hohe Sonne | 18.90 | 1:53:04 | 5:58 | 60 | 43:32 | 203 | 43:32 | 153.90 | 15:15:58 | 5:57 | 66 | 4:39:05 | 230 | 5:41:16 |
| Hörschel | 15.00 | 1:22:54 | 5:31 | 33 | 19:38 | 135 | 32:36 | 168.90 | 16:38:52 | 5:54 | 63 | 4:58:43 | 205 | 6:08:07 |