



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

□□□□

X-Mix

□□: 155

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Mixstaffel

□□□: 16:48:40

□□: 9.99 km/h

□□□□: 5:58 min/km

□□□□□: 213 (of 230)

□□□□□□: 10:30:45

□□□□□: 67(of 75)

□□□□□□□: 11:40:09

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:31:27 | 5:11 | 33 | 20:49 | 109 | 27:59 | 17.60 | 1:31:27 | 5:11 | 33 | 20:49 | 231 | 27:59 |
| Schildwiese | 18.60 | 1:52:54 | 6:04 | 65 | 44:50 | 209 | 44:50 | 36.20 | 3:24:21 | 5:38 | 52 | 1:02:37 | 231 | 1:10:25 |
| Neuhaus | 16.00 | 1:25:29 | 5:20 | 15 | 17:38 | 98 | 26:12 | 52.20 | 4:49:50 | 5:33 | 36 | 1:08:49 | 231 | 1:36:03 |
| Masserberg | 17.30 | 1:50:04 | 6:21 | 62 | 39:37 | 207 | 45:20 | 69.50 | 6:39:54 | 5:45 | 46 | 1:48:26 | 231 | 2:19:37 |
| Allzunah | 17.90 | 2:11:52 | 7:22 | 74 | 1:03:52 | 227 | 1:03:52 | 87.40 | 8:51:46 | 6:05 | 66 | 2:44:31 | 231 | 3:20:47 |
| Grenzdler | 20.00 | 1:58:16 | 5:54 | 63 | 43:57 | 201 | 46:09 | 107.40 | 10:50:02 | 6:03 | 70 | 3:28:28 | 231 | 4:06:56 |
| Neue Ausspanne | 13.70 | 1:24:34 | 6:10 | 50 | 29:21 | 178 | 35:08 | 121.10 | 12:14:36 | 6:03 | 70 | 3:51:09 | 231 | 4:42:04 |
| Kleiner Inselsber | 13.90 | 1:23:46 | 6:01 | 48 | 28:54 | 176 | 34:53 | 135.00 | 13:38:22 | 6:03 | 69 | 4:14:43 | 231 | 5:15:25 |
| Hohe Sonne | 18.90 | 1:45:39 | 5:35 | 47 | 36:07 | 159 | 36:07 | 153.90 | 15:24:01 | 6:00 | 69 | 4:47:08 | 230 | 5:49:19 |
| Hörschel | 15.00 | 1:24:39 | 5:38 | 38 | 21:23 | 145 | 34:21 | 168.90 | 16:48:40 | 5:58 | 67 | 5:08:31 | 213 | 6:17:55 |