



# 18. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2016

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SWE für Erfurt

□□□: 16:45:17

□□: 156

□□: 10.03 km/h  
□□□□: 5:57 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 211 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 66(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:19:27	4:30	10	8:49	31	15:59	17.60	1:19:27	4:30	10	8:49	231	15:59
Schildwiese	18.60	1:42:53	5:31	52	34:49	179	34:49	36.20	3:02:20	5:02	24	40:36	231	48:24
Neuhaus	16.00	1:56:11	7:15	70	48:20	224	56:54	52.20	4:58:31	5:43	51	1:17:30	231	1:44:44
Masserberg	17.30	1:22:36	4:46	11	12:09	50	17:52	69.50	6:21:07	5:29	31	1:29:39	231	2:00:50
Allzunah	17.90	1:44:54	5:51	43	36:54	162	36:54	87.40	8:06:01	5:33	30	1:58:46	231	2:35:02
Grenzdler	20.00	2:35:51	7:47	75	1:21:32	230	1:23:44	107.40	10:41:52	5:58	65	3:20:18	231	3:58:46
Neue Ausspanne	13.70	1:21:24	5:56	38	26:11	162	31:58	121.10	12:03:16	5:58	64	3:39:49	231	4:30:44
Kleiner Inselsber	13.90	1:24:34	6:05	50	29:42	180	35:41	135.00	13:27:50	5:59	64	4:04:11	231	5:04:53
Hohe Sonne	18.90	1:33:12	4:55	20	23:40	83	23:40	153.90	15:01:02	5:51	60	4:24:09	230	5:26:20
Hirschel	15.00	1:44:15	6:57	73	40:59	223	53:57	168.90	16:45:17	5:57	66	5:05:08	211	6:14:32