



18. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2016

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Breuni Sports

□□□: 16:52:49

□□: 10

□□: 9.95 km/h

□□□□: 6:00 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 217 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 8(of 12)

Frauenstaffel

□□□□□□□: 13:02:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:37:20	5:31	6	21:18	153	33:52	17.60	1:37:20	5:31	6	21:18	231	33:52
Schildwiese	18.60	1:51:32	5:59	6	31:10	206	43:28	36.20	3:28:52	5:46	4	52:28	231	1:14:56
Neuhaus	16.00	1:39:29	6:13	8	23:56	190	40:12	52.20	5:08:21	5:54	6	1:03:33	231	1:54:34
Masserberg	17.30	1:31:57	5:18	4	7:18	122	27:13	69.50	6:40:18	5:45	5	1:10:51	231	2:20:01
Allzunah	17.90	1:52:02	6:15	9	24:23	192	44:02	87.40	8:32:20	5:51	6	1:35:14	231	3:01:21
Grenzdler	20.00	2:14:02	6:42	11	44:43	222	1:01:55	107.40	10:46:22	6:01	8	2:15:12	231	4:03:16
Neue Ausspanne	13.70	1:28:40	6:28	12	31:16	213	39:14	121.10	12:15:02	6:04	10	2:46:28	231	4:42:30
Kleiner Inselsber	13.90	1:20:42	5:48	7	19:16	150	31:49	135.00	13:35:44	6:02	9	3:05:44	231	5:12:47
Hohe Sonne	18.90	1:46:02	5:36	8	21:30	162	36:30	153.90	15:21:46	5:59	9	3:27:14	230	5:47:04
Hirschel	15.00	1:31:03	6:04	9	23:21	186	40:45	168.90	16:52:49	5:59	8	3:50:35	217	6:22:04