



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

□□□□

Sömmerdaer Gipfelstürmerladies

□□□: 16:57:50

□□: 8

□□: 9.90 km/h

□□□□: 6:02 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 219 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 9(of 12)

Frauenstaffel

□□□□□□□: 13:02:14

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:36:46	5:29	5	20:44	147	33:18	17.60	1:36:46	5:29	5	20:44	231	33:18
Schildwiese	18.60	1:52:57	6:04	8	32:35	210	44:53	36.20	3:29:43	5:47	5	53:19	231	1:15:47
Neuhaus	16.00	1:23:24	5:12	2	7:51	82	24:07	52.20	4:53:07	5:36	4	48:19	231	1:39:20
Masserberg	17.30	1:44:49	6:03	8	20:10	189	40:05	69.50	6:37:56	5:43	4	1:08:29	231	2:17:39
Allzunah	17.90	1:48:48	6:04	7	21:09	180	40:48	87.40	8:26:44	5:47	5	1:29:38	231	2:55:45
Grenzdler	20.00	2:05:31	6:16	9	36:12	212	53:24	107.40	10:32:15	5:53	5	2:01:05	231	3:49:09
Neue Ausspanne	13.70	1:14:21	5:25	5	16:57	111	24:55	121.10	11:46:36	5:50	5	2:18:02	231	4:14:04
Kleiner Inselsber	13.90	1:17:36	5:34	5	16:10	121	28:43	135.00	13:04:12	5:48	4	2:34:12	231	4:41:15
Hohe Sonne	18.90	2:15:53	7:11	12	51:21	229	1:06:21	153.90	15:20:05	5:58	8	3:25:33	230	5:45:23
Hörschel	15.00	1:37:45	6:30	12	30:03	210	47:27	168.90	16:57:50	6:01	9	3:55:36	219	6:27:05