



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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RUN4FUN

□□: 170

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Mixstaffel

□□□: 17:46:39

□□: 9.45 km/h

□□□□: 6:19 min/km

□□□□□: 226 (of 230)

□□□□□□: 10:30:45

□□□□□: 73(of 75)

□□□□□□□: 11:40:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:36:25	5:28	43	25:47	143	32:57	17.60	1:36:25	5:28	43	25:47	231	32:57
Schildwiese	18.60	2:00:42	6:29	68	52:38	221	52:38	36.20	3:37:07	5:59	67	1:15:23	231	1:23:11
Neuhaus	16.00	1:42:56	6:26	56	35:05	202	43:39	52.20	5:20:03	6:07	66	1:39:02	231	2:06:16
Masserberg	17.30	1:49:14	6:18	61	38:47	205	44:30	69.50	7:09:17	6:10	69	2:17:49	231	2:49:00
Allzunah	17.90	2:02:18	6:49	72	54:18	221	54:18	87.40	9:11:35	6:18	73	3:04:20	231	3:40:36
Grenzdler	20.00	2:16:55	6:50	72	1:02:36	226	1:04:48	107.40	11:28:30	6:24	73	4:06:56	231	4:45:24
Neue Ausspanne	13.70	1:17:12	5:38	27	21:59	131	27:46	121.10	12:45:42	6:19	73	4:22:15	231	5:13:10
Kleiner Inselsber	13.90	1:37:09	6:59	72	42:17	224	48:16	135.00	14:22:51	6:23	73	4:59:12	231	5:59:54
Hohe Sonne	18.90	1:52:45	5:57	59	43:13	201	43:13	153.90	16:15:36	6:20	73	5:38:43	230	6:40:54
Hörschel	15.00	1:31:03	6:04	59	27:47	186	40:45	168.90	17:46:39	6:18	73	6:06:30	226	7:15:54