



18. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2016

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PDV Power Runners

□□□: 16:11:09

□□: 16

□□: 10.38 km/h

□□□□: 5:45 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 185 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 131(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:37:56	5:33	104	34:28	158	34:28	17.60	1:37:56	5:33	104	34:28	158	34:28
Schildwiese	18.60	1:36:27	5:11	98	27:34	135	28:23	36.20	3:14:23	5:22	103	1:00:27	148	1:00:27
Neuhaus	16.00	1:29:47	5:36	103	30:30	132	30:30	52.20	4:44:10	5:26	107	1:30:23	137	1:30:23
Masserberg	17.30	1:59:25	6:54	141	54:41	224	54:41	69.50	6:43:35	5:48	134	2:23:18	192	2:23:18
Allzunah	17.90	1:35:52	5:21	75	27:46	98	27:52	87.40	8:19:27	5:42	126	2:48:28	172	2:48:28
Grenzdler	20.00	2:04:58	6:14	136	52:51	209	52:51	107.40	10:24:25	5:48	137	3:41:19	199	3:41:19
Neue Ausspanne	13.70	1:27:23	6:22	133	37:57	206	37:57	121.10	11:51:48	5:52	140	4:19:16	204	4:19:16
Kleiner Inselsber	13.90	1:08:45	4:56	40	19:52	49	19:52	135.00	13:00:33	5:46	134	4:37:36	188	4:37:36
Hohe Sonne	18.90	1:42:48	5:26	95	31:10	140	33:16	153.90	14:43:21	5:44	128	5:08:39	182	5:08:39
Hirschel	15.00	1:27:48	5:51	112	37:30	163	37:30	168.90	16:11:09	5:44	131	5:40:24	185	5:40:24