



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Erbstromtaler Schmalwaden women □□□: 17:15:14

□□: 4

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Frauenstaffel

□□: 9.74 km/h

□□□□: 6:08 min/km

□□□□□: 222 (of 230)

□□□□□□: 10:30:45

□□□□□: 11(of 12)

□□□□□□□: 13:02:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:48:09	6:08	10	32:07	212	44:41	17.60	1:48:09	6:08	10	32:07	231	44:41
Schildwiese	18.60	1:57:46	6:19	10	37:24	220	49:42	36.20	3:45:55	6:14	11	1:09:31	231	1:31:59
Neuhaus	16.00	1:40:32	6:16	10	24:59	195	41:15	52.20	5:26:27	6:15	11	1:21:39	231	2:12:40
Masserberg	17.30	1:52:29	6:30	12	27:50	215	47:45	69.50	7:18:56	6:18	12	1:49:29	231	2:58:39
Allzunah	17.90	1:56:17	6:29	10	28:38	206	48:17	87.40	9:15:13	6:21	12	2:18:07	231	3:44:14
Grenzdler	20.00	1:54:00	5:42	4	24:41	191	41:53	107.40	11:09:13	6:13	11	2:38:03	231	4:26:07
Neue Ausspanne	13.70	1:17:49	5:40	7	20:25	136	28:23	121.10	12:27:02	6:10	11	2:58:28	231	4:54:30
Kleiner Inselsber	13.90	1:19:00	5:41	6	17:34	133	30:07	135.00	13:46:02	6:07	10	3:16:02	231	5:23:05
Hohe Sonne	18.90	2:01:24	6:25	11	36:52	220	51:52	153.90	15:47:26	6:09	11	3:52:54	230	6:12:44
Hörschel	15.00	1:27:48	5:51	6	20:06	163	37:30	168.90	17:15:14	6:07	11	4:13:00	222	6:44:29