



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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X-Runners I

□□: 44

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 10:42:33

□□: 15.69 km/h

□□□□: 3:48 min/km

□□□□□: 2 (of 230)

□□□□□□: 10:30:45

□□□□□: 2(of 143)

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:05:03	3:41	2	1:35	2	1:35	17.60	1:05:03	3:41	2	1:35	2	1:35
Schildwiese	18.60	1:08:53	3:42	1	-	3	0:49	36.20	2:13:56	3:41	1	-	1	-
Neuhaus	16.00	1:00:47	3:47	3	1:30	3	1:30	52.20	3:14:43	3:43	2	0:56	2	0:56
Masserberg	17.30	1:05:34	3:47	2	0:50	2	0:50	69.50	4:20:17	3:44	1	-	1	-
Allzunah	17.90	1:11:04	3:58	5	2:58	6	3:04	87.40	5:31:21	3:47	2	0:22	2	0:22
Grenzdler	20.00	1:16:35	3:49	5	4:28	6	4:28	107.40	6:47:56	3:47	2	4:50	2	4:50
Neue Ausspanne	13.70	54:23	3:58	5	4:57	5	4:57	121.10	7:42:19	3:49	2	9:47	2	9:47
Kleiner Inselsber	13.90	54:21	3:54	5	5:28	5	5:28	135.00	8:36:40	3:49	3	13:43	3	13:43
Hohe Sonne	18.90	1:11:38	3:47	1	-	2	2:06	153.90	9:48:18	3:49	2	13:36	2	13:36
Hörschel	15.00	54:15	3:37	2	3:57	2	3:57	168.90	10:42:33	3:48	2	11:48	2	11:48