



18. Rennsteig-Staffellauf

Blankenstein bis Hürschel / 18.06.2016

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DKB-Rennsteigexpress

□□□: 13:09:25

□□: 33

□□: 12.77 km/h

□□□□: 4:40 min/km

□□: 168.90 km

Blankenstein-Hürschel

□□□□□: 26 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 21(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.60 | 1:28:32 | 5:01 | 58 | 25:04 | 87 | 25:04 | 17.60 | 1:28:32 | 5:01 | 58 | 25:04 | 87 | 25:04 |
| Schildwiese | 18.60 | 1:22:30 | 4:26 | 20 | 13:37 | 36 | 14:26 | 36.20 | 2:51:02 | 4:43 | 27 | 37:06 | 45 | 37:06 |
| Neuhaus | 16.00 | 1:13:59 | 4:37 | 22 | 14:42 | 24 | 14:42 | 52.20 | 4:05:01 | 4:41 | 22 | 51:14 | 33 | 51:14 |
| Masserberg | 17.30 | 1:18:24 | 4:31 | 17 | 13:40 | 21 | 13:40 | 69.50 | 5:23:25 | 4:39 | 20 | 1:03:08 | 24 | 1:03:08 |
| Allzunah | 17.90 | 1:25:01 | 4:44 | 23 | 16:55 | 29 | 17:01 | 87.40 | 6:48:26 | 4:40 | 19 | 1:17:27 | 24 | 1:17:27 |
| Grenzdler | 20.00 | 1:24:33 | 4:13 | 16 | 12:26 | 24 | 12:26 | 107.40 | 8:12:59 | 4:35 | 18 | 1:29:53 | 22 | 1:29:53 |
| Neue Ausspanne | 13.70 | 1:07:42 | 4:56 | 49 | 18:16 | 60 | 18:16 | 121.10 | 9:20:41 | 4:37 | 19 | 1:48:09 | 23 | 1:48:09 |
| Kleiner Inselsber | 13.90 | 1:14:20 | 5:20 | 64 | 25:27 | 85 | 25:27 | 135.00 | 10:35:01 | 4:42 | 20 | 2:12:04 | 25 | 2:12:04 |
| Hohe Sonne | 18.90 | 1:26:10 | 4:33 | 27 | 14:32 | 39 | 16:38 | 153.90 | 12:01:11 | 4:41 | 21 | 2:26:29 | 26 | 2:26:29 |
| Hürschel | 15.00 | 1:08:14 | 4:32 | 35 | 17:56 | 38 | 17:56 | 168.90 | 13:09:25 | 4:40 | 21 | 2:38:40 | 26 | 2:38:40 |