



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

XXXX

XFAB/Melexis Running Chips

XXX: 13:46:47

XX: 117

XX: 12.19 km/h

XXXX: 4:54 min/km

XX: 168.90 km

Blankenstein-Hörschel

XXXXX: 38 (of 230)

XXXXXX: 10:30:45

XXXX:

XXXXX: 30(of 143)

Männerstaffel

XXXXXXX: 10:30:45

XXXX

XXXX

XXX

XXX	XX	XX	XX	XX	XX	XX	XX	XXXX	XXXX	XXXX	XX	XX	XX	XX
	km	XX	min/km	-	-	XXX	XXX	km	XX	min/km	-	-	XXX	XXX
Grumbach	17.60	1:23:45	4:45	37	20:17	55	20:17	17.60	1:23:45	4:45	37	20:17	55	20:17
Schildwiese	18.60	1:29:52	4:49	51	20:59	74	21:48	36.20	2:53:37	4:47	31	39:41	50	39:41
Neuhaus	16.00	1:14:50	4:40	24	15:33	26	15:33	52.20	4:08:27	4:45	29	54:40	41	54:40
Masserberg	17.30	1:30:16	5:13	83	25:32	113	25:32	69.50	5:38:43	4:52	33	1:18:26	45	1:18:26
Allzunah	17.90	1:32:11	5:08	56	24:05	71	24:11	87.40	7:10:54	4:55	34	1:39:55	42	1:39:55
Grenzadler	20.00	1:44:57	5:14	94	32:50	143	32:50	107.40	8:55:51	4:59	44	2:12:45	57	2:12:45
Neue Ausspanne	13.70	1:04:51	4:44	35	15:25	41	15:25	121.10	10:00:42	4:57	41	2:28:10	51	2:28:10
Kleiner Inselsber	13.90	1:08:39	4:56	38	19:46	47	19:46	135.00	11:09:21	4:57	34	2:46:24	43	2:46:24
Hohe Sonne	18.90	1:31:36	4:50	57	19:58	73	22:04	153.90	12:40:57	4:56	34	3:06:15	44	3:06:15
Hörschel	15.00	1:05:50	4:23	21	15:32	22	15:32	168.90	13:46:47	4:53	30	3:16:02	38	3:16:02