



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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fat fighters

□□: 193

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 13:51:52

□□: 12.12 km/h

□□□□: 4:56 min/km

□□□□□: 43 (of 230)

□□□□□□: 10:30:45

□□□□□: 34(of 143)

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:23:40	4:45	35	20:12	53	20:12	17.60	1:23:40	4:45	35	20:12	53	20:12
Schildwiese	18.60	1:32:10	4:57	67	23:17	96	24:06	36.20	2:55:50	4:51	39	41:54	61	41:54
Neuhaus	16.00	1:20:51	5:03	59	21:34	66	21:34	52.20	4:16:41	4:55	41	1:02:54	57	1:02:54
Masserberg	17.30	1:22:35	4:46	39	17:51	49	17:51	69.50	5:39:16	4:52	36	1:18:59	48	1:18:59
Allzunah	17.90	1:29:34	5:00	41	21:28	51	21:34	87.40	7:08:50	4:54	33	1:37:51	41	1:37:51
Grenzdler	20.00	1:47:05	5:21	98	34:58	152	34:58	107.40	8:55:55	4:59	45	2:12:49	58	2:12:49
Neue Ausspanne	13.70	1:14:27	5:26	90	25:01	113	25:01	121.10	10:10:22	5:02	47	2:37:50	59	2:37:50
Kleiner Inselsber	13.90	1:11:01	5:06	51	22:08	62	22:08	135.00	11:21:23	5:02	45	2:58:26	56	2:58:26
Hohe Sonne	18.90	1:22:42	4:22	16	11:04	23	13:10	153.90	12:44:05	4:57	35	3:09:23	46	3:09:23
Hörschel	15.00	1:07:47	4:31	31	17:29	33	17:29	168.90	13:51:52	4:55	34	3:21:07	43	3:21:07