



18. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2016

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Herzog-Georg Nachtlauf-Team

□□□: 13:56:12

□□: 114

□□: 12.05 km/h
□□□□: 4:57 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 47 (of 230)

□□□□□□: 10:30:45

□□□□:

Männerstaffel

□□□□□: 37(of 143)

□□□□□□□: 10:30:45

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:19:12	4:30	20	15:44	30	15:44	17.60	1:19:12	4:30	20	15:44	30	15:44
Schildwiese	18.60	1:24:24	4:32	27	15:31	45	16:20	36.20	2:43:36	4:31	15	29:40	24	29:40
Neuhaus	16.00	1:19:09	4:56	46	19:52	53	19:52	52.20	4:02:45	4:39	19	48:58	27	48:58
Masserberg	17.30	1:24:40	4:53	48	19:56	64	19:56	69.50	5:27:25	4:42	22	1:07:08	28	1:07:08
Allzunah	17.90	1:36:03	5:21	77	27:57	101	28:03	87.40	7:03:28	4:50	30	1:32:29	37	1:32:29
Grenzdler	20.00	1:43:38	5:10	89	31:31	136	31:31	107.40	8:47:06	4:54	35	2:04:00	44	2:04:00
Neue Ausspanne	13.70	1:13:18	5:21	79	23:52	98	23:52	121.10	10:00:24	4:57	39	2:27:52	49	2:27:52
Kleiner Inselsber	13.90	1:03:23	4:33	21	14:30	27	14:30	135.00	11:03:47	4:55	31	2:40:50	40	2:40:50
Hohe Sonne	18.90	1:34:54	5:01	69	23:16	97	25:22	153.90	12:38:41	4:55	32	3:03:59	42	3:03:59
Hirschel	15.00	1:17:31	5:10	75	27:13	96	27:13	168.90	13:56:12	4:57	37	3:25:27	47	3:25:27