



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

□□□□

Arnstadt läuft...

□□□: 13:56:28

□□: 118

□□: - km/h
□□□□: 4:57 min/km

Enduro E Bike

□□□□□: 48 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 38(of 143)

Männerstaffel

□□□□□□□: 10:30:45

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:48:15 | 6:09 | 140 | 44:47 | 214 | 44:47 | 17.60 | 1:48:15 | 6:09 | 140 | 44:47 | 214 | 44:47 |
| Schildwiese | 18.60 | 1:16:44 | 4:07 | 11 | 7:51 | 20 | 8:40 | 36.20 | 3:04:59 | 5:06 | 74 | 51:03 | 102 | 51:03 |
| Neuhaus | 16.00 | 1:15:23 | 4:42 | 27 | 16:06 | 29 | 16:06 | 52.20 | 4:20:22 | 4:59 | 47 | 1:06:35 | 64 | 1:06:35 |
| Masserberg | 17.30 | 1:38:33 | 5:41 | 109 | 33:49 | 157 | 33:49 | 69.50 | 5:58:55 | 5:09 | 66 | 1:38:38 | 86 | 1:38:38 |
| Allzunah | 17.90 | 1:27:43 | 4:54 | 32 | 19:37 | 42 | 19:43 | 87.40 | 7:26:38 | 5:06 | 51 | 1:55:39 | 65 | 1:55:39 |
| Grenzdler | 20.00 | 1:43:00 | 5:09 | 86 | 30:53 | 132 | 30:53 | 107.40 | 9:09:38 | 5:07 | 53 | 2:26:32 | 68 | 2:26:32 |
| Neue Ausspanne | 13.70 | 57:29 | 4:11 | 11 | 8:03 | 13 | 8:03 | 121.10 | 10:07:07 | 5:00 | 46 | 2:34:35 | 58 | 2:34:35 |
| Kleiner Inselsber | 13.90 | 1:07:18 | 4:50 | 34 | 18:25 | 42 | 18:25 | 135.00 | 11:14:25 | 4:59 | 37 | 2:51:28 | 47 | 2:51:28 |
| Hohe Sonne | 18.90 | 1:36:13 | 5:05 | 75 | 24:35 | 105 | 26:41 | 153.90 | 12:50:38 | 5:00 | 39 | 3:15:56 | 50 | 3:15:56 |
| Hörschel | 15.00 | 1:05:50 | 4:23 | 21 | 15:32 | 22 | 15:32 | - | 13:56:28 | - | 38 | 3:25:43 | 48 | 3:25:43 |