



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Frankenhisser Solzköpfe

□□□: 14:03:54

□□: 58

□□: 11.94 km/h

□□□□: 5:00 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 50 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 40(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.60	1:29:03	5:03	61	25:35	90	25:35	17.60	1:29:03	5:03	61	25:35	90	25:35
Schildwiese	18.60	1:27:02	4:40	36	18:09	56	18:58	36.20	2:56:05	4:51	42	42:09	64	42:09
Neuhaus	16.00	1:22:04	5:07	66	22:47	74	22:47	52.20	4:18:09	4:56	43	1:04:22	59	1:04:22
Masserberg	17.30	1:24:57	4:54	50	20:13	66	20:13	69.50	5:43:06	4:56	42	1:22:49	55	1:22:49
Allzunah	17.90	1:37:53	5:28	91	29:47	117	29:53	87.40	7:20:59	5:02	43	1:50:00	53	1:50:00
Grenzdler	20.00	1:29:01	4:27	28	16:54	38	16:54	107.40	8:50:00	4:56	37	2:06:54	46	2:06:54
Neue Ausspanne	13.70	1:10:20	5:08	63	20:54	76	20:54	121.10	10:00:20	4:57	38	2:27:48	48	2:27:48
Kleiner Inselsber	13.90	1:17:17	5:33	84	28:24	115	28:24	135.00	11:17:37	5:01	42	2:54:40	52	2:54:40
Hohe Sonne	18.90	1:33:27	4:56	63	21:49	85	23:55	153.90	12:51:04	5:00	40	3:16:22	51	3:16:22
Hörschel	15.00	1:12:50	4:51	56	22:32	69	22:32	168.90	14:03:54	4:59	40	3:33:09	50	3:33:09