



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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LG Rippershausen

□□□: 14:05:12

□□: 145

□□: 11.93 km/h

□□□□: 5:00 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 51 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 41(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach          | 17.60    | 1:28:14  | 5:00         | 57      | 24:46   | 86        | 24:46     | 17.60  | 1:28:14  | 5:00 | 57      | 24:46   | 86        | 24:46     |
| Schildwiese       | 18.60    | 1:33:37  | 5:01         | 75      | 24:44   | 106       | 25:33     | 36.20  | 3:01:51  | 5:01 | 61      | 47:55   | 86        | 47:55     |
| Neuhaus           | 16.00    | 1:26:27  | 5:24         | 86      | 27:10   | 107       | 27:10     | 52.20  | 4:28:18  | 5:08 | 65      | 1:14:31 | 86        | 1:14:31   |
| Masserberg        | 17.30    | 1:21:45  | 4:43         | 30      | 17:01   | 40        | 17:01     | 69.50  | 5:50:03  | 5:02 | 48      | 1:29:46 | 65        | 1:29:46   |
| Allzunah          | 17.90    | 1:25:32  | 4:46         | 25      | 17:26   | 31        | 17:32     | 87.40  | 7:15:35  | 4:59 | 39      | 1:44:36 | 48        | 1:44:36   |
| Grenzdler         | 20.00    | 1:36:22  | 4:49         | 59      | 24:15   | 88        | 24:15     | 107.40 | 8:51:57  | 4:57 | 38      | 2:08:51 | 48        | 2:08:51   |
| Neue Ausspanne    | 13.70    | 1:08:53  | 5:01         | 57      | 19:27   | 69        | 19:27     | 121.10 | 10:00:50 | 4:57 | 42      | 2:28:18 | 52        | 2:28:18   |
| Kleiner Inselsber | 13.90    | 1:14:32  | 5:21         | 65      | 25:39   | 86        | 25:39     | 135.00 | 11:15:22 | 5:00 | 39      | 2:52:25 | 49        | 2:52:25   |
| Hohe Sonne        | 18.90    | 1:44:15  | 5:30         | 101     | 32:37   | 150       | 34:43     | 153.90 | 12:59:37 | 5:03 | 47      | 3:24:55 | 59        | 3:24:55   |
| Hörschel          | 15.00    | 1:05:35  | 4:22         | 19      | 15:17   | 20        | 15:17     | 168.90 | 14:05:12 | 5:00 | 41      | 3:34:27 | 51        | 3:34:27   |