



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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TU Ilmenau Runners Mix

□□□: 12:19:11

□□: 164

□□: 13.64 km/h
□□□□: 4:23 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 16 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 4(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:13:17	4:09	4	2:39	10	9:49	17.60	1:13:17	4:09	4	2:39	231	9:49
Schildwiese	18.60	1:08:27	3:40	2	0:23	2	0:23	36.20	2:21:44	3:54	1	-	231	7:48
Neuhaus	16.00	1:26:22	5:23	17	18:31	104	27:05	52.20	3:48:06	4:22	2	7:05	231	34:19
Masserberg	17.30	1:19:00	4:33	5	8:33	26	14:16	69.50	5:07:06	4:25	4	15:38	231	46:49
Allzunah	17.90	1:08:00	3:47	1	-	1	-	87.40	6:15:06	4:17	2	7:51	231	44:07
Grenzdler	20.00	1:17:23	3:52	3	3:04	8	5:16	107.40	7:32:29	4:12	2	10:55	231	49:23
Neue Ausspanne	13.70	1:12:56	5:19	15	17:43	94	23:30	121.10	8:45:25	4:20	3	21:58	231	1:12:53
Kleiner Inselsber	13.90	1:13:39	5:17	13	18:47	77	24:46	135.00	9:59:04	4:26	4	35:25	231	1:36:07
Hohe Sonne	18.90	1:09:32	3:40	1	-	1	-	153.90	11:08:36	4:20	4	31:43	230	1:33:54
Hörschel	15.00	1:10:35	4:42	5	7:19	50	20:17	168.90	12:19:11	4:22	4	39:02	16	1:48:26