



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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HainichPowerMix

□□□: 15:17:49

□□: 173

□□: 10.98 km/h
□□□□: 5:26 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 123 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 21(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.60 | 1:45:08 | 5:58 | 62 | 34:30 | 201 | 41:40 | 17.60 | 1:45:08 | 5:58 | 62 | 34:30 | 231 | 41:40 |
| Schildwiese | 18.60 | 1:44:06 | 5:35 | 53 | 36:02 | 184 | 36:02 | 36.20 | 3:29:14 | 5:46 | 59 | 1:07:30 | 231 | 1:15:18 |
| Neuhaus | 16.00 | 1:32:41 | 5:47 | 36 | 24:50 | 155 | 33:24 | 52.20 | 5:01:55 | 5:47 | 56 | 1:20:54 | 231 | 1:48:08 |
| Masserberg | 17.30 | 1:30:10 | 5:12 | 28 | 19:43 | 112 | 25:26 | 69.50 | 6:32:05 | 5:38 | 37 | 1:40:37 | 231 | 2:11:48 |
| Allzunah | 17.90 | 1:55:26 | 6:26 | 59 | 47:26 | 201 | 47:26 | 87.40 | 8:27:31 | 5:48 | 53 | 2:20:16 | 231 | 2:56:32 |
| Grenzdler | 20.00 | 1:50:45 | 5:32 | 58 | 36:26 | 175 | 38:38 | 107.40 | 10:18:16 | 5:45 | 54 | 2:56:42 | 231 | 3:35:10 |
| Neue Ausspanne | 13.70 | 1:06:48 | 4:52 | 7 | 11:35 | 55 | 17:22 | 121.10 | 11:25:04 | 5:39 | 41 | 3:01:37 | 231 | 3:52:32 |
| Kleiner Inselsber | 13.90 | 59:54 | 4:18 | 3 | 5:02 | 13 | 11:01 | 135.00 | 12:24:58 | 5:31 | 28 | 3:01:19 | 231 | 4:02:01 |
| Hohe Sonne | 18.90 | 1:32:15 | 4:52 | 17 | 22:43 | 76 | 22:43 | 153.90 | 13:57:13 | 5:26 | 22 | 3:20:20 | 230 | 4:22:31 |
| Hörschel | 15.00 | 1:20:36 | 5:22 | 24 | 17:20 | 118 | 30:18 | 168.90 | 15:17:49 | 5:26 | 21 | 3:37:40 | 123 | 4:47:04 |