



18. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2016

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Erfuter UniKate

□□□: 15:20:49

□□: 232

□□: 10.95 km/h

□□□□: 5:27 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 126 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 22(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:36:44	5:29	44	26:06	146	33:16	17.60	1:36:44	5:29	44	26:06	231	33:16
Schildwiese	18.60	1:40:30	5:24	45	32:26	164	32:26	36.20	3:17:14	5:26	45	55:30	231	1:03:18
Neuhaus	16.00	1:30:38	5:39	30	22:47	142	31:21	52.20	4:47:52	5:30	32	1:06:51	231	1:34:05
Masserberg	17.30	1:28:30	5:06	24	18:03	92	23:46	69.50	6:16:22	5:24	27	1:24:54	231	1:56:05
Allzunah	17.90	1:46:21	5:56	46	38:21	168	38:21	87.40	8:02:43	5:31	28	1:55:28	231	2:31:44
Grenzdler	20.00	1:29:39	4:28	13	15:20	43	17:32	107.40	9:32:22	5:19	23	2:10:48	231	2:49:16
Neue Ausspanne	13.70	1:21:40	5:57	39	26:27	163	32:14	121.10	10:54:02	5:24	23	2:30:35	231	3:21:30
Kleiner Inselsber	13.90	1:23:32	6:00	46	28:40	172	34:39	135.00	12:17:34	5:27	23	2:53:55	231	3:54:37
Hohe Sonne	18.90	1:32:53	4:54	18	23:21	79	23:21	153.90	13:50:27	5:23	20	3:13:34	230	4:15:45
Hirschel	15.00	1:30:22	6:01	56	27:06	178	40:04	168.90	15:20:49	5:27	22	3:40:40	126	4:50:04