



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

□□□□

impuls power mix

□□□: 15:22:13

□□: 158

□□: 10.93 km/h

□□□□: 5:28 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 128 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 23(of 75)

Mixstaffel

□□□□□□□: 11:40:09

□□□□

□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach          | 17.60    | 1:29:31  | 5:05         | 30      | 18:53   | 93        | 26:03     | 17.60  | 1:29:31  | 5:05 | 30      | 18:53   | 231       | 26:03     |
| Schildwiese       | 18.60    | 1:40:42  | 5:24         | 46      | 32:38   | 165       | 32:38     | 36.20  | 3:10:13  | 5:15 | 38      | 48:29   | 231       | 56:17     |
| Neuhaus           | 16.00    | 1:45:36  | 6:35         | 60      | 37:45   | 210       | 46:19     | 52.20  | 4:55:49  | 5:40 | 44      | 1:14:48 | 231       | 1:42:02   |
| Masserberg        | 17.30    | 1:51:52  | 6:27         | 66      | 41:25   | 213       | 47:08     | 69.50  | 6:47:41  | 5:51 | 59      | 1:56:13 | 231       | 2:27:24   |
| Allzunah          | 17.90    | 1:27:33  | 4:53         | 9       | 19:33   | 40        | 19:33     | 87.40  | 8:15:14  | 5:39 | 38      | 2:07:59 | 231       | 2:44:15   |
| Grenzdler         | 20.00    | 1:39:27  | 4:58         | 36      | 25:08   | 110       | 27:20     | 107.40 | 9:54:41  | 5:32 | 34      | 2:33:07 | 231       | 3:11:35   |
| Neue Ausspanne    | 13.70    | 1:17:37  | 5:39         | 29      | 22:24   | 134       | 28:11     | 121.10 | 11:12:18 | 5:33 | 31      | 2:48:51 | 231       | 3:39:46   |
| Kleiner Inselsber | 13.90    | 1:19:17  | 5:42         | 35      | 24:25   | 134       | 30:24     | 135.00 | 12:31:35 | 5:34 | 31      | 3:07:56 | 231       | 4:08:38   |
| Hohe Sonne        | 18.90    | 1:29:37  | 4:44         | 14      | 20:05   | 61        | 20:05     | 153.90 | 14:01:12 | 5:27 | 25      | 3:24:19 | 230       | 4:26:30   |
| Hörschel          | 15.00    | 1:21:01  | 5:24         | 27      | 17:45   | 121       | 30:43     | 168.90 | 15:22:13 | 5:27 | 23      | 3:42:04 | 128       | 4:51:28   |