



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Team DEURA Haus

□□□: 14:24:26

□□: 13

□□: 11.66 km/h

□□□□: 5:07 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 65 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 53(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:41:13 | 5:45 | 115 | 37:45 | 178 | 37:45 | 17.60 | 1:41:13 | 5:45 | 115 | 37:45 | 178 | 37:45 |
| Schildwiese | 18.60 | 1:30:10 | 4:50 | 52 | 21:17 | 76 | 22:06 | 36.20 | 3:11:23 | 5:17 | 91 | 57:27 | 133 | 57:27 |
| Neuhaus | 16.00 | 1:31:59 | 5:44 | 111 | 32:42 | 150 | 32:42 | 52.20 | 4:43:22 | 5:25 | 103 | 1:29:35 | 133 | 1:29:35 |
| Masserberg | 17.30 | 1:27:34 | 5:03 | 60 | 22:50 | 82 | 22:50 | 69.50 | 6:10:56 | 5:20 | 90 | 1:50:39 | 116 | 1:50:39 |
| Allzunah | 17.90 | 1:42:25 | 5:43 | 109 | 34:19 | 148 | 34:25 | 87.40 | 7:53:21 | 5:24 | 91 | 2:22:22 | 118 | 2:22:22 |
| Grenzdler | 20.00 | 1:41:25 | 5:04 | 82 | 29:18 | 125 | 29:18 | 107.40 | 9:34:46 | 5:21 | 88 | 2:51:40 | 114 | 2:51:40 |
| Neue Ausspanne | 13.70 | 1:05:55 | 4:48 | 40 | 16:29 | 46 | 16:29 | 121.10 | 10:40:41 | 5:17 | 78 | 3:08:09 | 97 | 3:08:09 |
| Kleiner Inselsber | 13.90 | 1:04:52 | 4:39 | 27 | 15:59 | 34 | 15:59 | 135.00 | 11:45:33 | 5:13 | 66 | 3:22:36 | 83 | 3:22:36 |
| Hohe Sonne | 18.90 | 1:18:40 | 4:09 | 8 | 7:02 | 13 | 9:08 | 153.90 | 13:04:13 | 5:05 | 52 | 3:29:31 | 65 | 3:29:31 |
| Hörschel | 15.00 | 1:20:13 | 5:20 | 90 | 29:55 | 116 | 29:55 | 168.90 | 14:24:26 | 5:07 | 53 | 3:53:41 | 65 | 3:53:41 |