



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Alpenverein Jena

□□□: 14:29:19

□□: 139

□□: 11.60 km/h

□□□□: 5:09 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 72 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 57(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:23:05	4:43	33	19:37	51	19:37	17.60	1:23:05	4:43	33	19:37	51	19:37
Schildwiese	18.60	1:37:37	5:14	107	28:44	148	29:33	36.20	3:00:42	4:59	55	46:46	79	46:46
Neuhaus	16.00	1:20:48	5:02	58	21:31	65	21:31	52.20	4:21:30	5:00	49	1:07:43	66	1:07:43
Masserberg	17.30	1:36:17	5:33	103	31:33	143	31:33	69.50	5:57:47	5:08	64	1:37:30	84	1:37:30
Allzunah	17.90	1:46:49	5:58	119	38:43	172	38:49	87.40	7:44:36	5:18	82	2:13:37	105	2:13:37
Grenzdler	20.00	1:37:30	4:52	62	25:23	95	25:23	107.40	9:22:06	5:14	72	2:39:00	93	2:39:00
Neue Ausspanne	13.70	1:05:33	4:47	39	16:07	45	16:07	121.10	10:27:39	5:10	65	2:55:07	81	2:55:07
Kleiner Inselsber	13.90	1:22:25	5:55	116	33:32	166	33:32	135.00	11:50:04	5:15	70	3:27:07	88	3:27:07
Hohe Sonne	18.90	1:26:34	4:34	30	14:56	42	17:02	153.90	13:16:38	5:10	62	3:41:56	78	3:41:56
Hörschel	15.00	1:12:41	4:50	55	22:23	67	22:23	168.90	14:29:19	5:08	57	3:58:34	72	3:58:34