



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Coffee to go

□□: 112

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 14:32:05

□□: 11.56 km/h

□□□□: 5:10 min/km

□□□□□: 77 (of 230)

□□□□□□: 10:30:45

□□□□□: 62 (of 143)

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:28:00	5:00	55	24:32	83	24:32	17.60	1:28:00	5:00	55	24:32	83	24:32
Schildwiese	18.60	1:35:07	5:06	87	26:14	122	27:03	36.20	3:03:07	5:03	67	49:11	94	49:11
Neuhaus	16.00	1:30:35	5:39	108	31:18	141	31:18	52.20	4:33:42	5:14	73	1:19:55	100	1:19:55
Masserberg	17.30	1:43:17	5:58	126	38:33	184	38:33	69.50	6:16:59	5:25	101	1:56:42	131	1:56:42
Allzunah	17.90	1:31:59	5:08	51	23:53	66	23:59	87.40	7:48:58	5:21	86	2:17:59	110	2:17:59
Grenzdler	20.00	1:37:38	4:52	63	25:31	96	25:31	107.40	9:26:36	5:16	80	2:43:30	102	2:43:30
Neue Ausspanne	13.70	1:11:02	5:11	65	21:36	80	21:36	121.10	10:37:38	5:15	73	3:05:06	91	3:05:06
Kleiner Inselsber	13.90	1:11:46	5:09	56	22:53	69	22:53	135.00	11:49:24	5:15	69	3:26:27	87	3:26:27
Hohe Sonne	18.90	1:25:21	4:30	24	13:43	34	15:49	153.90	13:14:45	5:09	60	3:40:03	75	3:40:03
Hörschel	15.00	1:17:20	5:09	73	27:02	92	27:02	168.90	14:32:05	5:09	62	4:01:20	77	4:01:20