



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Schmittfäll

□□□: 14:31:29

□□: 38

□□: 11.57 km/h
□□□□: 5:10 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 74 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 59(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:31:06 | 5:10 | 73 | 27:38 | 106 | 27:38 | 17.60 | 1:31:06 | 5:10 | 73 | 27:38 | 106 | 27:38 |
| Schildwiese | 18.60 | 1:30:32 | 4:52 | 57 | 21:39 | 83 | 22:28 | 36.20 | 3:01:38 | 5:01 | 58 | 47:42 | 83 | 47:42 |
| Neuhaus | 16.00 | 1:18:25 | 4:54 | 43 | 19:08 | 49 | 19:08 | 52.20 | 4:20:03 | 4:58 | 45 | 1:06:16 | 62 | 1:06:16 |
| Masserberg | 17.30 | 1:20:53 | 4:40 | 27 | 16:09 | 34 | 16:09 | 69.50 | 5:40:56 | 4:54 | 40 | 1:20:39 | 52 | 1:20:39 |
| Allzunah | 17.90 | 1:33:38 | 5:13 | 66 | 25:32 | 83 | 25:38 | 87.40 | 7:14:34 | 4:58 | 38 | 1:43:35 | 47 | 1:43:35 |
| Grenzdler | 20.00 | 1:28:03 | 4:24 | 24 | 15:56 | 34 | 15:56 | 107.40 | 8:42:37 | 4:51 | 32 | 1:59:31 | 40 | 1:59:31 |
| Neue Ausspanne | 13.70 | 1:07:47 | 4:56 | 51 | 18:21 | 62 | 18:21 | 121.10 | 9:50:24 | 4:52 | 31 | 2:17:52 | 39 | 2:17:52 |
| Kleiner Inselsber | 13.90 | 1:30:15 | 6:29 | 133 | 41:22 | 209 | 41:22 | 135.00 | 11:20:39 | 5:02 | 44 | 2:57:42 | 55 | 2:57:42 |
| Hohe Sonne | 18.90 | 1:48:45 | 5:45 | 121 | 37:07 | 180 | 39:13 | 153.90 | 13:09:24 | 5:07 | 56 | 3:34:42 | 71 | 3:34:42 |
| Hörschel | 15.00 | 1:22:05 | 5:28 | 99 | 31:47 | 132 | 31:47 | 168.90 | 14:31:29 | 5:09 | 59 | 4:00:44 | 74 | 4:00:44 |