



19. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 24.06.2017

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KV Thüringen

□□□: 16:36:28

□□: 120

□□: 10.12 km/h

□□□□: 5:54 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 194 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 137(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|-----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.60 | 1:34:21 | 5:21 | 95 | 27:09 | 129 | 27:09 | 17.60 | 1:34:21 | 5:21 | 95 | 27:09 | 129 | 27:09 |
| Schildwiese | 18.58 | 1:54:21 | 6:09 | 144 | 46:55 | 216 | 46:55 | 36.18 | 3:28:42 | 5:46 | 134 | 1:13:46 | 189 | 1:13:46 |
| Neuhaus | 13.54 | 1:22:51 | 6:07 | 135 | 32:19 | 181 | 32:19 | 49.72 | 4:51:33 | 5:51 | 138 | 1:40:47 | 190 | 1:40:47 |
| Masserberg | 19.86 | 1:59:06 | 5:59 | 117 | 41:46 | 169 | 41:46 | 69.58 | 6:50:39 | 5:54 | 140 | 2:22:33 | 195 | 2:22:33 |
| Allzunah | 17.89 | 1:59:19 | 6:40 | 142 | 48:46 | 213 | 48:46 | 87.47 | 8:49:58 | 6:03 | 143 | 3:11:19 | 205 | 3:11:19 |
| Grenzdler | 19.96 | 1:37:58 | 4:54 | 64 | 24:10 | 94 | 27:13 | 107.43 | 10:27:56 | 5:50 | 134 | 3:32:38 | 189 | 3:32:38 |
| Neue Ausspanne | 13.68 | 1:23:38 | 6:06 | 118 | 35:57 | 172 | 35:57 | 121.11 | 11:51:34 | 5:52 | 135 | 4:03:49 | 191 | 4:03:49 |
| Kleiner Inselsber | 13.90 | 1:29:11 | 6:24 | 138 | 36:47 | 200 | 36:47 | 135.01 | 13:20:45 | 5:55 | 139 | 4:40:36 | 195 | 4:40:36 |
| Hohe Sonne | 18.94 | 1:56:56 | 6:10 | 136 | 48:39 | 206 | 48:39 | 153.95 | 15:17:41 | 5:57 | 136 | 5:19:35 | 196 | 5:19:35 |
| Hirschel | 15.02 | 1:18:47 | 5:14 | 67 | 25:46 | 89 | 25:46 | 168.90 | 16:36:28 | 5:53 | 137 | 5:43:13 | 194 | 5:43:13 |