



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Arnstadt läuft

□□□: 14:41:04

□□: 128

□□: 11.44 km/h

□□□□: 5:13 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 95 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 76(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.60 | 1:30:04 | 5:07 | 93 | 24:40 | 120 | 24:40 | 17.60 | 1:30:04 | 5:07 | 93 | 24:40 | 120 | 24:40 |
| Schildwiese | 18.58 | 1:31:17 | 4:54 | 70 | 25:28 | 94 | 25:28 | 36.18 | 3:01:21 | 5:00 | 83 | 50:08 | 106 | 50:08 |
| Neuhaus | 13.54 | 1:14:28 | 5:29 | 87 | 21:57 | 109 | 21:57 | 49.72 | 4:15:49 | 5:08 | 84 | 1:11:47 | 103 | 1:11:47 |
| Masserberg | 19.86 | 1:32:14 | 4:38 | 27 | 15:43 | 38 | 15:43 | 69.58 | 5:48:03 | 5:00 | 53 | 1:27:19 | 67 | 1:27:19 |
| Allzunah | 17.89 | 1:34:36 | 5:17 | 77 | 27:04 | 103 | 27:04 | 87.47 | 7:22:39 | 5:03 | 58 | 1:52:14 | 73 | 1:52:14 |
| Grenzdler | 19.96 | 1:35:56 | 4:48 | 60 | 21:42 | 84 | 21:42 | 107.43 | 8:58:35 | 5:00 | 52 | 2:10:05 | 67 | 2:10:05 |
| Neue Ausspanne | 13.68 | 1:08:30 | 5:00 | 59 | 19:26 | 70 | 19:26 | 121.11 | 10:07:05 | 5:00 | 48 | 2:29:31 | 61 | 2:29:31 |
| Kleiner Inselsber | 13.90 | 1:06:48 | 4:48 | 39 | 17:32 | 49 | 17:32 | 135.01 | 11:13:53 | 4:59 | 46 | 2:43:33 | 58 | 2:43:33 |
| Hohe Sonne | 18.94 | 2:01:12 | 6:23 | 136 | 54:43 | 210 | 54:43 | 153.95 | 13:15:05 | 5:09 | 65 | 3:36:26 | 82 | 3:36:26 |
| Hörschel | 15.02 | 1:25:59 | 5:43 | 108 | 34:06 | 158 | 34:06 | 168.97 | 14:41:04 | 5:12 | 76 | 4:10:32 | 95 | 4:10:32 |