



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

□□□□

Arthrose

□□: 576

□□: 168.97 km

Blankenstein-Hörschel

□□□□:

Mixstaffel

□□□: 16:12:23

□□: 10.43 km/h

□□□□: 5:45 min/km

□□□□□: 193 (of 228)

□□□□□□: 10:30:32

□□□□□: 49(of 70)

□□□□□□□: 11:22:39

□□□□

□□□□

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.60 | 1:38:49 | 5:36 | 41 | 29:04 | 174 | 33:25 | 17.60 | 1:38:49 | 5:36 | 41 | 29:04 | 229 | 33:25 |
| Schildwiese | 18.58 | 1:47:11 | 5:46 | 53 | 35:22 | 197 | 41:22 | 36.18 | 3:26:00 | 5:41 | 53 | 1:02:51 | 229 | 1:14:47 |
| Neuhaus | 13.54 | 1:09:20 | 5:07 | 7 | 10:18 | 71 | 16:49 | 49.72 | 4:35:20 | 5:32 | 34 | 1:11:52 | 229 | 1:31:18 |
| Masserberg | 19.86 | 1:57:25 | 5:54 | 55 | 38:47 | 182 | 40:54 | 69.58 | 6:32:45 | 5:38 | 47 | 1:49:05 | 229 | 2:12:01 |
| Allzunah | 17.89 | 1:42:49 | 5:44 | 35 | 31:35 | 153 | 35:17 | 87.47 | 8:15:34 | 5:39 | 42 | 2:13:56 | 229 | 2:45:09 |
| Grenzdler | 19.96 | 1:42:07 | 5:06 | 35 | 26:02 | 130 | 27:53 | 107.43 | 9:57:41 | 5:33 | 43 | 2:38:19 | 229 | 3:09:11 |
| Neue Ausspanne | 13.68 | 1:40:14 | 7:19 | 67 | 42:18 | 225 | 51:10 | 121.11 | 11:37:55 | 5:45 | 52 | 3:20:37 | 229 | 4:00:21 |
| Kleiner Inselsber | 13.90 | 1:38:41 | 7:05 | 67 | 42:35 | 222 | 49:25 | 135.01 | 13:16:36 | 5:54 | 57 | 4:03:12 | 229 | 4:46:16 |
| Hohe Sonne | 18.94 | 1:32:39 | 4:53 | 23 | 23:50 | 73 | 26:10 | 153.95 | 14:49:15 | 5:46 | 52 | 4:27:02 | 229 | 5:10:36 |
| Hörschel | 15.02 | 1:23:08 | 5:32 | 31 | 25:43 | 134 | 31:15 | 168.97 | 16:12:23 | 5:45 | 50 | 4:49:44 | 194 | 5:41:51 |