



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

□□□□

Alpenverein Jena

□□□: 15:41:45

□□: 151

□□: 10.70 km/h

□□□□: 5:34 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 161 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 123(of 145)

Männerstaffel

□□□□□□□: 10:30:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.60	1:26:48	4:55	65	21:24	85	21:24	17.60	1:26:48	4:55	65	21:24	85	21:24
Schildwiese	18.58	1:38:12	5:17	111	32:23	150	32:23	36.18	3:05:00	5:06	95	53:47	122	53:47
Neuhaus	13.54	1:13:58	5:27	86	21:27	106	21:27	49.72	4:18:58	5:12	90	1:14:56	112	1:14:56
Masserberg	19.86	1:51:47	5:37	107	35:16	156	35:16	69.58	6:10:45	5:19	92	1:50:01	118	1:50:01
Allzunah	17.89	1:54:09	6:22	137	46:37	205	46:37	87.47	8:04:54	5:32	117	2:34:29	152	2:34:29
Grenzdler	19.96	1:43:55	5:12	102	29:41	146	29:41	107.43	9:48:49	5:28	116	3:00:19	150	3:00:19
Neue Ausspanne	13.68	1:15:18	5:30	90	26:14	116	26:14	121.11	11:04:07	5:29	114	3:26:33	145	3:26:33
Kleiner Inselsber	13.90	1:16:07	5:28	97	26:51	123	26:51	135.01	12:20:14	5:28	109	3:49:54	135	3:49:54
Hohe Sonne	18.94	2:11:01	6:55	143	1:04:32	221	1:04:32	153.95	14:31:15	5:39	130	4:52:36	181	4:52:36
Hörschel	15.02	1:10:30	4:41	36	18:37	47	18:37	168.97	15:41:45	5:34	123	5:11:13	161	5:11:13