



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

□□□□

X-Runners 1

□□□: 10:32:31

□□: 104

□□: 15.94 km/h
□□□□: 3:44 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 2 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 2(of 145)

Männerstaffel

□□□□□□□: 10:30:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:05:24	3:42	1	-	1	-	17.60	1:05:24	3:42	1	-	1	-
Schildwiese	18.58	1:05:49	3:32	1	-	1	-	36.18	2:11:13	3:37	1	-	1	-
Neuhaus	13.54	52:49	3:54	2	0:18	2	0:18	49.72	3:04:02	3:42	1	-	1	-
Masserberg	19.86	1:16:42	3:51	2	0:11	2	0:11	69.58	4:20:44	3:44	1	-	1	-
Allzunah	17.89	1:09:41	3:53	3	2:09	3	2:09	87.47	5:30:25	3:46	1	-	1	-
Grenzdler	19.96	1:18:05	3:54	6	3:51	7	3:51	107.43	6:48:30	3:48	1	-	1	-
Neue Ausspanne	13.68	49:04	3:35	1	-	1	-	121.11	7:37:34	3:46	1	-	1	-
Kleiner Inselsber	13.90	52:46	3:47	4	3:30	4	3:30	135.01	8:30:20	3:46	1	-	1	-
Hohe Sonne	18.94	1:08:55	3:38	2	2:26	3	2:26	153.95	9:39:15	3:45	2	0:36	2	0:36
Hörschel	15.02	53:16	3:32	3	1:23	3	1:23	168.97	10:32:31	3:44	2	1:59	2	1:59