



# 20. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 23.06.2018

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Erbstromtaler Schmalwaden women □□□: 17:51:16

□□: 4

□□: 168.97 km

Blankenstein-Hirschel

□□□□:

Frauenstaffel

□□: 9.41 km/h

□□□□: 6:20 min/km

□□□□□: 226 (of 228)

□□□□□□: 10:30:32

□□□□□: 13(of 13)

□□□□□□□: 12:58:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:41:34	5:46	6	17:37	192	36:10	17.60	1:41:34	5:46	6	17:37	229	36:10
Schildwiese	18.58	1:49:29	5:53	11	31:35	202	43:40	36.18	3:31:03	5:50	9	45:29	229	1:19:50
Neuhaus	13.54	1:32:29	6:49	13	28:44	219	39:58	49.72	5:03:32	6:06	10	1:11:56	229	1:59:30
Masserberg	19.86	2:11:06	6:36	13	33:50	220	54:35	69.58	7:14:38	6:14	12	1:43:34	229	2:53:54
Allzunah	17.89	1:51:36	6:14	10	27:53	196	44:04	87.47	9:06:14	6:14	12	2:11:27	229	3:35:49
Grenzdler	19.96	1:51:15	5:34	6	20:36	189	37:01	107.43	10:57:29	6:07	12	2:31:25	229	4:08:59
Neue Ausspanne	13.68	1:13:44	5:23	6	12:02	107	24:40	121.11	12:11:13	6:02	11	2:43:27	229	4:33:39
Kleiner Inselsber	13.90	1:24:57	6:06	11	29:00	192	35:41	135.01	13:36:10	6:02	11	3:09:30	229	5:05:50
Hohe Sonne	18.94	2:19:22	7:21	13	56:15	224	1:12:53	153.95	15:55:32	6:12	13	4:05:45	229	6:16:53
Hirschel	15.02	1:55:44	7:42	13	47:56	225	1:03:51	168.97	17:51:16	6:20	13	4:53:11	227	7:20:44