



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Günters Männer

□□□: 10:30:32

□□: 135

□□: 15.99 km/h

□□□□: 3:44 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 1 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 1(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:06:23 | 3:46 | 2 | 0:59 | 2 | 0:59 | 17.60 | 1:06:23 | 3:46 | 2 | 0:59 | 2 | 0:59 |
| Schildwiese | 18.58 | 1:07:06 | 3:36 | 3 | 1:17 | 3 | 1:17 | 36.18 | 2:13:29 | 3:41 | 2 | 2:16 | 2 | 2:16 |
| Neuhaus | 13.54 | 53:51 | 3:58 | 3 | 1:20 | 3 | 1:20 | 49.72 | 3:07:20 | 3:46 | 2 | 3:18 | 2 | 3:18 |
| Masserberg | 19.86 | 1:16:31 | 3:51 | 1 | - | 1 | - | 69.58 | 4:23:51 | 3:47 | 2 | 3:07 | 2 | 3:07 |
| Allzunah | 17.89 | 1:11:00 | 3:58 | 5 | 3:28 | 5 | 3:28 | 87.47 | 5:34:51 | 3:49 | 2 | 4:26 | 2 | 4:26 |
| Grenzdler | 19.96 | 1:17:31 | 3:53 | 4 | 3:17 | 5 | 3:17 | 107.43 | 6:52:22 | 3:50 | 2 | 3:52 | 2 | 3:52 |
| Neue Ausspanne | 13.68 | 49:11 | 3:35 | 2 | 0:07 | 2 | 0:07 | 121.11 | 7:41:33 | 3:48 | 2 | 3:59 | 2 | 3:59 |
| Kleiner Inselsber | 13.90 | 50:37 | 3:38 | 2 | 1:21 | 2 | 1:21 | 135.01 | 8:32:10 | 3:47 | 3 | 1:50 | 3 | 1:50 |
| Hohe Sonne | 18.94 | 1:06:29 | 3:30 | 1 | - | 1 | - | 153.95 | 9:38:39 | 3:45 | 1 | - | 1 | - |
| Hörschel | 15.02 | 51:53 | 3:27 | 1 | - | 1 | - | 168.97 | 10:30:32 | 3:43 | 1 | - | 1 | - |