



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

□□□□

fat fighters

□□□: 13:41:45

□□: 565

□□: 12.27 km/h

□□□□: 4:52 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 45 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 35(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	1:13:50	3:58	9	8:01	10	8:01	36.18	2:40:38	4:26	17	29:25	26	29:25
Neuhaus	13.54	1:07:35	4:59	47	15:04	54	15:04	49.72	3:48:13	4:35	20	44:11	25	44:11
Masserberg	19.86	1:39:02	4:59	52	22:31	69	22:31	69.58	5:27:15	4:42	25	1:06:31	32	1:06:31
Allzunah	17.89	1:28:15	4:55	45	20:43	62	20:43	87.47	6:55:30	4:45	23	1:25:05	31	1:25:05
Grenzadler	19.96	1:24:40	4:14	17	10:26	24	10:26	107.43	8:20:10	4:39	21	1:31:40	28	1:31:40
Neue Ausspanne	13.68	1:21:05	5:55	124	32:01	170	32:01	121.11	9:41:15	4:47	30	2:03:41	39	2:03:41
Kleiner Inselsber	13.90	1:19:04	5:41	113	29:48	148	29:48	135.01	11:00:19	4:53	36	2:29:59	47	2:29:59
Hohe Sonne	18.94	1:30:31	4:46	38	24:02	55	24:02	153.95	12:30:50	4:52	33	2:52:11	44	2:52:11
Hörschel	15.02	1:10:55	4:43	39	19:02	50	19:02	168.97	13:41:45	4:51	35	3:11:13	45	3:11:13