



# 20. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 23.06.2018

XXXX

XFAB / Melexis Running Chips

XXX: 14:06:30

XX: 165

XX: 11.91 km/h

XXXX: 5:01 min/km

XX: 168.97 km

Blankenstein-Hirschel

XXXXX: 55 (of 228)

XXXXXX: 10:30:32

XXXX:

XXXXX: 43(of 145)

Männerstaffel

XXXXXXX: 10:30:32

XXXX

XXXX

XXX

XXX	XX	XX	XX	XX	XX	XX	XX	XXXX	XXXX	XXXX	XX	XX	XX	XX
	km	XX min/km	-	-	XX	XX		km	XX min/km	-	-	XX	XX	
Grumbach	17.60	1:33:50	5:19	114	28:26	151	28:26	17.60	1:33:50	5:19	114	28:26	151	28:26
Schildwiese	18.58	1:26:14	4:38	41	20:25	57	20:25	36.18	3:00:04	4:58	78	48:51	100	48:51
Neuhaus	13.54	1:08:12	5:02	51	15:41	58	15:41	49.72	4:08:16	4:59	65	1:04:14	79	1:04:14
Masserberg	19.86	1:43:15	5:11	72	26:44	100	26:44	69.58	5:51:31	5:03	64	1:30:47	80	1:30:47
Allzunah	17.89	1:30:32	5:03	57	23:00	76	23:00	87.47	7:22:03	5:03	57	1:51:38	72	1:51:38
Grenzdler	19.96	1:33:25	4:40	45	19:11	64	19:11	107.43	8:55:28	4:59	47	2:06:58	61	2:06:58
Neue Ausspanne	13.68	1:08:48	5:01	60	19:44	72	19:44	121.11	10:04:16	4:59	47	2:26:42	60	2:26:42
Kleiner Inselsber	13.90	1:06:33	4:47	37	17:17	47	17:17	135.01	11:10:49	4:58	44	2:40:29	56	2:40:29
Hohe Sonne	18.94	1:50:00	5:48	123	43:31	188	43:31	153.95	13:00:49	5:04	49	3:22:10	62	3:22:10
Hirschel	15.02	1:05:41	4:22	18	13:48	23	13:48	168.97	14:06:30	5:00	43	3:35:58	55	3:35:58