



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Spitzensalat des WSV Ilmenau

□□□: 14:09:08

□□: 150

□□: 11.87 km/h

□□□□: 5:02 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 57 (of 228)

□□□□□□: 10:30:32

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□□□□□: 45(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:19:28	4:30	19	14:04	28	14:04	17.60	1:19:28	4:30	19	14:04	28	14:04
Schildwiese	18.58	1:17:12	4:09	15	11:23	19	11:23	36.18	2:36:40	4:19	14	25:27	19	25:27
Neuhaus	13.54	1:15:37	5:35	93	23:06	118	23:06	49.72	3:52:17	4:40	24	48:15	31	48:15
Masserberg	19.86	1:42:34	5:09	65	26:03	91	26:03	69.58	5:34:51	4:48	32	1:14:07	42	1:14:07
Allzunah	17.89	1:35:37	5:20	83	28:05	111	28:05	87.47	7:10:28	4:55	40	1:40:03	52	1:40:03
Grenzdler	19.96	1:49:07	5:28	121	34:53	177	34:53	107.43	8:59:35	5:01	54	2:11:05	70	2:11:05
Neue Ausspanne	13.68	1:22:26	6:01	131	33:22	180	33:22	121.11	10:22:01	5:08	64	2:44:27	82	2:44:27
Kleiner Inselsber	13.90	1:09:11	4:58	56	19:55	70	19:55	135.01	11:31:12	5:07	60	3:00:52	75	3:00:52
Hohe Sonne	18.94	1:27:12	4:36	23	20:43	37	20:43	153.95	12:58:24	5:03	48	3:19:45	61	3:19:45
Hörschel	15.02	1:10:44	4:42	38	18:51	49	18:51	168.97	14:09:08	5:01	45	3:38:36	57	3:38:36