



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

□□□□

DEVIL`S WOOD Runners Lauscha □□□: 14:19:38

□□: 157

□□: 11.73 km/h
□□□□: 5:05 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 64 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 52(of 145)

Männerstaffel

□□□□□□□: 10:30:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:30:40	5:09	98	25:16	129	25:16	17.60	1:30:40	5:09	98	25:16	129	25:16
Schildwiese	18.58	1:26:07	4:38	38	20:18	54	20:18	36.18	2:56:47	4:53	61	45:34	79	45:34
Neuhaus	13.54	1:04:15	4:44	25	11:44	29	11:44	49.72	4:01:02	4:50	40	57:00	50	57:00
Masserberg	19.86	1:35:42	4:49	41	19:11	54	19:11	69.58	5:36:44	4:50	33	1:16:00	44	1:16:00
Allzunah	17.89	1:37:51	5:28	95	30:19	127	30:19	87.47	7:14:35	4:58	46	1:44:10	59	1:44:10
Grenzadler	19.96	1:40:04	5:00	80	25:50	113	25:50	107.43	8:54:39	4:58	44	2:06:09	58	2:06:09
Neue Ausspanne	13.68	1:08:06	4:58	58	19:02	68	19:02	121.11	10:02:45	4:58	45	2:25:11	58	2:25:11
Kleiner Inselsber	13.90	1:13:31	5:17	79	24:15	98	24:15	135.01	11:16:16	5:00	48	2:45:56	60	2:45:56
Hohe Sonne	18.94	1:31:42	4:50	41	25:13	63	25:13	153.95	12:47:58	4:59	44	3:09:19	56	3:09:19
Hörschel	15.02	1:31:40	6:06	131	39:47	192	39:47	168.97	14:19:38	5:05	52	3:49:06	64	3:49:06