



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

□□□□

Speedy s Sport Schart

□□□: 11:18:29

□□: 143

□□: 14.86 km/h

□□□□: 4:01 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 5 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 5(of 145)

Männerstaffel

□□□□□□□: 10:30:32

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|------|----|-------|----|-------|
| Grumbach | 17.60 | 1:13:38 | 4:11 | 8 | 8:14 | 11 | 8:14 | 17.60 | 1:13:38 | 4:11 | 8 | 8:14 | 11 | 8:14 |
| Schildwiese | 18.58 | 1:15:11 | 4:02 | 12 | 9:22 | 14 | 9:22 | 36.18 | 2:28:49 | 4:06 | 8 | 17:36 | 9 | 17:36 |
| Neuhaus | 13.54 | 1:00:54 | 4:29 | 16 | 8:23 | 18 | 8:23 | 49.72 | 3:29:43 | 4:13 | 8 | 25:41 | 9 | 25:41 |
| Masserberg | 19.86 | 1:19:17 | 3:59 | 4 | 2:46 | 5 | 2:46 | 69.58 | 4:49:00 | 4:09 | 7 | 28:16 | 8 | 28:16 |
| Allzunah | 17.89 | 1:07:32 | 3:46 | 1 | - | 1 | - | 87.47 | 5:56:32 | 4:04 | 5 | 26:07 | 5 | 26:07 |
| Grenzdler | 19.96 | 1:15:32 | 3:47 | 3 | 1:18 | 3 | 1:18 | 107.43 | 7:12:04 | 4:01 | 5 | 23:34 | 5 | 23:34 |
| Neue Ausspanne | 13.68 | 54:15 | 3:57 | 6 | 5:11 | 6 | 5:11 | 121.11 | 8:06:19 | 4:00 | 5 | 28:45 | 5 | 28:45 |
| Kleiner Inselsber | 13.90 | 55:16 | 3:58 | 6 | 6:00 | 6 | 6:00 | 135.01 | 9:01:35 | 4:00 | 5 | 31:15 | 5 | 31:15 |
| Hohe Sonne | 18.94 | 1:17:35 | 4:05 | 8 | 11:06 | 14 | 11:06 | 153.95 | 10:19:10 | 4:01 | 5 | 40:31 | 5 | 40:31 |
| Hörschel | 15.02 | 59:19 | 3:56 | 8 | 7:26 | 9 | 7:26 | 168.97 | 11:18:29 | 4:00 | 5 | 47:57 | 5 | 47:57 |