



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Team DEURA Haus

□□□: 14:26:56

□□: 540

□□: 11.63 km/h

□□□□: 5:08 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 74 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 57(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:10:17 | 3:59 | 6 | 4:53 | 7 | 4:53 | 17.60 | 1:10:17 | 3:59 | 6 | 4:53 | 7 | 4:53 |
| Schildwiese | 18.58 | 1:36:15 | 5:10 | 103 | 30:26 | 138 | 30:26 | 36.18 | 2:46:32 | 4:36 | 28 | 35:19 | 41 | 35:19 |
| Neuhaus | 13.54 | 1:09:47 | 5:09 | 61 | 17:16 | 72 | 17:16 | 49.72 | 3:56:19 | 4:45 | 30 | 52:17 | 38 | 52:17 |
| Masserberg | 19.86 | 1:29:16 | 4:29 | 18 | 12:45 | 27 | 12:45 | 69.58 | 5:25:35 | 4:40 | 23 | 1:04:51 | 29 | 1:04:51 |
| Allzunah | 17.89 | 1:32:20 | 5:09 | 66 | 24:48 | 86 | 24:48 | 87.47 | 6:57:55 | 4:46 | 25 | 1:27:30 | 34 | 1:27:30 |
| Grenzdler | 19.96 | 2:02:24 | 6:07 | 141 | 48:10 | 220 | 48:10 | 107.43 | 9:00:19 | 5:01 | 55 | 2:11:49 | 71 | 2:11:49 |
| Neue Ausspanne | 13.68 | 1:13:59 | 5:24 | 85 | 24:55 | 108 | 24:55 | 121.11 | 10:14:18 | 5:04 | 58 | 2:36:44 | 74 | 2:36:44 |
| Kleiner Inselsber | 13.90 | 1:14:46 | 5:22 | 91 | 25:30 | 114 | 25:30 | 135.01 | 11:29:04 | 5:06 | 57 | 2:58:44 | 72 | 2:58:44 |
| Hohe Sonne | 18.94 | 1:33:25 | 4:55 | 52 | 26:56 | 78 | 26:56 | 153.95 | 13:02:29 | 5:04 | 52 | 3:23:50 | 65 | 3:23:50 |
| Hörschel | 15.02 | 1:24:27 | 5:37 | 100 | 32:34 | 145 | 32:34 | 168.97 | 14:26:56 | 5:07 | 57 | 3:56:24 | 74 | 3:56:24 |