



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Die Döllberggemenen

□□□: 14:26:16

□□: 171

□□: 11.64 km/h

□□□□: 5:08 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 71 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 55(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:23:27 | 4:44 | 40 | 18:03 | 57 | 18:03 | 17.60 | 1:23:27 | 4:44 | 40 | 18:03 | 57 | 18:03 |
| Schildwiese | 18.58 | 1:39:35 | 5:21 | 114 | 33:46 | 154 | 33:46 | 36.18 | 3:03:02 | 5:03 | 87 | 51:49 | 112 | 51:49 |
| Neuhaus | 13.54 | 1:12:40 | 5:22 | 74 | 20:09 | 92 | 20:09 | 49.72 | 4:15:42 | 5:08 | 83 | 1:11:40 | 102 | 1:11:40 |
| Masserberg | 19.86 | 1:30:47 | 4:34 | 23 | 14:16 | 33 | 14:16 | 69.58 | 5:46:29 | 4:58 | 50 | 1:25:45 | 64 | 1:25:45 |
| Allzunah | 17.89 | 1:25:31 | 4:46 | 30 | 17:59 | 44 | 17:59 | 87.47 | 7:12:00 | 4:56 | 44 | 1:41:35 | 56 | 1:41:35 |
| Grenzdler | 19.96 | 1:47:24 | 5:22 | 115 | 33:10 | 166 | 33:10 | 107.43 | 8:59:24 | 5:01 | 53 | 2:10:54 | 69 | 2:10:54 |
| Neue Ausspanne | 13.68 | 1:17:35 | 5:40 | 109 | 28:31 | 142 | 28:31 | 121.11 | 10:16:59 | 5:05 | 60 | 2:39:25 | 76 | 2:39:25 |
| Kleiner Inselsber | 13.90 | 1:14:04 | 5:19 | 86 | 24:48 | 105 | 24:48 | 135.01 | 11:31:03 | 5:07 | 59 | 3:00:43 | 74 | 3:00:43 |
| Hohe Sonne | 18.94 | 1:37:59 | 5:10 | 80 | 31:30 | 115 | 31:30 | 153.95 | 13:09:02 | 5:07 | 59 | 3:30:23 | 75 | 3:30:23 |
| Hörschel | 15.02 | 1:17:14 | 5:08 | 68 | 25:21 | 93 | 25:21 | 168.97 | 14:26:16 | 5:07 | 55 | 3:55:44 | 71 | 3:55:44 |