



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

□□□□

VfB 26 Beberstedt

□□□: 14:32:03

□□: 153

□□: 11.56 km/h
□□□□: 5:10 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 78 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 61(of 145)

Männerstaffel

□□□□□□□: 10:30:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:25:13	4:50	52	19:49	71	19:49	17.60	1:25:13	4:50	52	19:49	71	19:49
Schildwiese	18.58	1:27:35	4:42	52	21:46	70	21:46	36.18	2:52:48	4:46	43	41:35	59	41:35
Neuhaus	13.54	1:07:17	4:58	43	14:46	50	14:46	49.72	4:00:05	4:49	36	56:03	44	56:03
Masserberg	19.86	1:58:43	5:58	123	42:12	188	42:12	69.58	5:58:48	5:09	75	1:38:04	94	1:38:04
Allzunah	17.89	1:26:43	4:50	34	19:11	51	19:11	87.47	7:25:31	5:05	64	1:55:06	80	1:55:06
Grenzdler	19.96	1:34:59	4:45	55	20:45	78	20:45	107.43	9:00:30	5:01	56	2:12:00	72	2:12:00
Neue Ausspanne	13.68	1:02:39	4:34	28	13:35	31	13:35	121.11	10:03:09	4:58	46	2:25:35	59	2:25:35
Kleiner Inselsber	13.90	1:16:41	5:31	98	27:25	125	27:25	135.01	11:19:50	5:02	49	2:49:30	62	2:49:30
Hohe Sonne	18.94	1:43:22	5:27	100	36:53	151	36:53	153.95	13:03:12	5:05	54	3:24:33	69	3:24:33
Hörschel	15.02	1:28:51	5:54	125	36:58	178	36:58	168.97	14:32:03	5:09	61	4:01:31	78	4:01:31