



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Faulunger Muskrücken

□□□: 14:35:49

□□: 514

□□: 11.51 km/h

□□□□: 5:11 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 82 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 64(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|------|-----|---------|-----|---------|
| Grumbach | 17.60 | 1:37:28 | 5:32 | 124 | 32:04 | 166 | 32:04 | 17.60 | 1:37:28 | 5:32 | 124 | 32:04 | 166 | 32:04 |
| Schildwiese | 18.58 | 1:15:21 | 4:03 | 13 | 9:32 | 15 | 9:32 | 36.18 | 2:52:49 | 4:46 | 44 | 41:36 | 60 | 41:36 |
| Neuhaus | 13.54 | 1:18:10 | 5:46 | 114 | 25:39 | 150 | 25:39 | 49.72 | 4:10:59 | 5:02 | 70 | 1:06:57 | 87 | 1:06:57 |
| Masserberg | 19.86 | 2:05:49 | 6:20 | 134 | 49:18 | 212 | 49:18 | 69.58 | 6:16:48 | 5:24 | 107 | 1:56:04 | 135 | 1:56:04 |
| Allzunah | 17.89 | 1:57:20 | 6:33 | 141 | 49:48 | 218 | 49:48 | 87.47 | 8:14:08 | 5:38 | 127 | 2:43:43 | 172 | 2:43:43 |
| Grenzdler | 19.96 | 1:36:48 | 4:50 | 66 | 22:34 | 92 | 22:34 | 107.43 | 9:50:56 | 5:30 | 117 | 3:02:26 | 153 | 3:02:26 |
| Neue Ausspanne | 13.68 | 1:05:12 | 4:45 | 40 | 16:08 | 45 | 16:08 | 121.11 | 10:56:08 | 5:25 | 109 | 3:18:34 | 134 | 3:18:34 |
| Kleiner Inselsber | 13.90 | 1:04:23 | 4:37 | 30 | 15:07 | 37 | 15:07 | 135.01 | 12:00:31 | 5:20 | 93 | 3:30:11 | 113 | 3:30:11 |
| Hohe Sonne | 18.94 | 1:17:12 | 4:04 | 7 | 10:43 | 12 | 10:43 | 153.95 | 13:17:43 | 5:10 | 70 | 3:39:04 | 87 | 3:39:04 |
| Hörschel | 15.02 | 1:18:06 | 5:11 | 72 | 26:13 | 98 | 26:13 | 168.97 | 14:35:49 | 5:10 | 64 | 4:05:17 | 82 | 4:05:17 |