



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Go For Golf - sauberer Volks(wagen)sport 15:44:47

□□: 208

□□: 10.67 km/h
 □□□□: 5:35 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 148 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 31(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:18:14	4:26	8	7:36	20	14:46	17.60	1:18:14	4:26	8	7:36	231	14:46
Schildwiese	18.60	1:31:23	4:54	26	23:19	91	23:19	36.20	2:49:37	4:41	15	27:53	231	35:41
Neuhaus	16.00	1:33:17	5:49	41	25:26	164	34:00	52.20	4:22:54	5:02	16	41:53	231	1:09:07
Masserberg	17.30	1:46:12	6:08	55	35:45	193	41:28	69.50	6:09:06	5:18	23	1:17:38	231	1:48:49
Allzunah	17.90	1:55:10	6:26	58	47:10	200	47:10	87.40	8:04:16	5:32	29	1:57:01	231	2:33:17
Grenzdler	20.00	1:44:32	5:13	46	30:13	139	32:25	107.40	9:48:48	5:28	29	2:27:14	231	3:05:42
Neue Ausspanne	13.70	1:25:21	6:13	55	30:08	188	35:55	121.10	11:14:09	5:34	33	2:50:42	231	3:41:37
Kleiner Inselsber	13.90	1:27:24	6:17	60	32:32	198	38:31	135.00	12:41:33	5:38	39	3:17:54	231	4:18:36
Hohe Sonne	18.90	1:54:25	6:03	63	44:53	208	44:53	153.90	14:35:58	5:41	44	3:59:05	230	5:01:16
Hörschel	15.00	1:08:49	4:35	4	5:33	42	18:31	168.90	15:44:47	5:35	31	4:04:38	148	5:14:02