



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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7Clicks Runners

□□□: 15:49:27

□□: 192

□□: 10.62 km/h

□□□□: 5:37 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 153 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 34(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:35:37	5:25	41	24:59	138	32:09	17.60	1:35:37	5:25	41	24:59	231	32:09
Schildwiese	18.60	1:55:04	6:11	67	47:00	215	47:00	36.20	3:30:41	5:49	61	1:08:57	231	1:16:45
Neuhaus	16.00	1:29:36	5:35	24	21:45	128	30:19	52.20	5:00:17	5:45	55	1:19:16	231	1:46:30
Masserberg	17.30	2:04:50	7:12	73	54:23	227	1:00:06	69.50	7:05:07	6:07	66	2:13:39	231	2:44:50
Allzunah	17.90	1:30:40	5:03	11	22:40	57	22:40	87.40	8:35:47	5:54	56	2:28:32	231	3:04:48
Grenzdler	20.00	1:37:20	4:51	29	23:01	92	25:13	107.40	10:13:07	5:42	50	2:51:33	231	3:30:01
Neue Ausspanne	13.70	1:23:27	6:05	45	28:14	172	34:01	121.10	11:36:34	5:45	50	3:13:07	231	4:04:02
Kleiner Inselsber	13.90	1:17:35	5:34	30	22:43	120	28:42	135.00	12:54:09	5:44	46	3:30:30	231	4:31:12
Hohe Sonne	18.90	1:33:46	4:57	23	24:14	88	24:14	153.90	14:27:55	5:38	37	3:51:02	230	4:53:13
Hörschel	15.00	1:21:32	5:26	30	18:16	128	31:14	168.90	15:49:27	5:37	34	4:09:18	153	5:18:42