



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Lauffeuer Fröttstädt

□□□: 14:52:03

□□: 185

□□: 11.30 km/h

□□□□: 5:17 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 92 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 74(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:23:56	4:46	39	20:28	57	20:28	17.60	1:23:56	4:46	39	20:28	57	20:28
Schildwiese	18.60	1:34:48	5:05	85	25:55	120	26:44	36.20	2:58:44	4:56	47	44:48	69	44:48
Neuhaus	16.00	1:20:31	5:01	56	21:14	63	21:14	52.20	4:19:15	4:57	44	1:05:28	61	1:05:28
Masserberg	17.30	1:37:40	5:38	106	32:56	151	32:56	69.50	5:56:55	5:08	62	1:36:38	82	1:36:38
Allzunah	17.90	1:41:17	5:39	107	33:11	144	33:17	87.40	7:38:12	5:14	72	2:07:13	90	2:07:13
Grenzdler	20.00	1:50:52	5:32	118	38:45	179	38:45	107.40	9:29:04	5:17	82	2:45:58	105	2:45:58
Neue Ausspanne	13.70	1:02:10	4:32	25	12:44	30	12:44	121.10	10:31:14	5:12	67	2:58:42	83	2:58:42
Kleiner Inselsber	13.90	1:09:03	4:58	43	20:10	52	20:10	135.00	11:40:17	5:11	58	3:17:20	73	3:17:20
Hohe Sonne	18.90	1:39:26	5:15	87	27:48	122	29:54	153.90	13:19:43	5:11	65	3:45:01	81	3:45:01
Hörschel	15.00	1:32:20	6:09	121	42:02	190	42:02	168.90	14:52:03	5:16	74	4:21:18	92	4:21:18