



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Schwabenpefels Next Generation

□□□: 14:58:17

□□: 198

□□: 11.22 km/h

□□□□: 5:19 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 97 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 79(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:36:50	5:30	100	33:22	149	33:22	17.60	1:36:50	5:30	100	33:22	149	33:22
Schildwiese	18.60	1:37:44	5:15	108	28:51	149	29:40	36.20	3:14:34	5:22	105	1:00:38	150	1:00:38
Neuhaus	16.00	1:20:02	5:00	51	20:45	58	20:45	52.20	4:34:36	5:15	79	1:20:49	106	1:20:49
Masserberg	17.30	1:56:18	6:43	140	51:34	221	51:34	69.50	6:30:54	5:37	121	2:10:37	160	2:10:37
Allzunah	17.90	1:33:15	5:12	62	25:09	78	25:15	87.40	8:04:09	5:32	108	2:33:10	139	2:33:10
Grenzdler	20.00	1:27:53	4:23	23	15:46	33	15:46	107.40	9:32:02	5:19	84	2:48:56	109	2:48:56
Neue Ausspanne	13.70	1:17:06	5:37	97	27:40	129	27:40	121.10	10:49:08	5:21	89	3:16:36	112	3:16:36
Kleiner Inselsber	13.90	1:10:12	5:03	48	21:19	59	21:19	135.00	11:59:20	5:19	77	3:36:23	96	3:36:23
Hohe Sonne	18.90	1:40:02	5:17	91	28:24	128	30:30	153.90	13:39:22	5:19	82	4:04:40	102	4:04:40
Hörschel	15.00	1:18:55	5:15	85	28:37	108	28:37	168.90	14:58:17	5:19	79	4:27:32	97	4:27:32