



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Ski-Club Eisenach

□□□: 16:00:10

□□: 230

□□: 10.50 km/h  
□□□□: 5:41 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 176 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 46(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:42:04	5:47	57	31:26	182	38:36	17.60	1:42:04	5:47	57	31:26	231	38:36
Schildwiese	18.60	1:36:42	5:11	35	28:38	138	28:38	36.20	3:18:46	5:29	50	57:02	231	1:04:50
Neuhaus	16.00	1:39:34	6:13	53	31:43	191	40:17	52.20	4:58:20	5:42	50	1:17:19	231	1:44:33
Masserberg	17.30	1:44:15	6:01	53	33:48	187	39:31	69.50	6:42:35	5:47	50	1:51:07	231	2:22:18
Allzunah	17.90	1:46:26	5:56	47	38:26	169	38:26	87.40	8:29:01	5:49	55	2:21:46	231	2:58:02
Grenzdler	20.00	1:42:45	5:08	43	28:26	130	30:38	107.40	10:11:46	5:41	49	2:50:12	231	3:28:40
Neue Ausspanne	13.70	1:14:43	5:27	21	19:30	117	25:17	121.10	11:26:29	5:40	44	3:03:02	231	3:53:57
Kleiner Inselsber	13.90	1:22:19	5:55	40	27:27	164	33:26	135.00	12:48:48	5:41	44	3:25:09	231	4:25:51
Hohe Sonne	18.90	1:42:54	5:26	40	33:22	141	33:22	153.90	14:31:42	5:39	38	3:54:49	230	4:57:00
Hörschel	15.00	1:28:28	5:53	50	25:12	170	38:10	168.90	16:00:10	5:41	46	4:20:01	176	5:29:25