



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Touristikerstaffel

□□□: 15:13:58

□□: 19

□□: 11.03 km/h

□□□□: 5:25 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 118 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 96(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:33:13	5:17	84	29:45	123	29:45	17.60	1:33:13	5:17	84	29:45	123	29:45
Schildwiese	18.60	1:45:14	5:39	128	36:21	187	37:10	36.20	3:18:27	5:28	112	1:04:31	163	1:04:31
Neuhaus	16.00	1:27:17	5:27	90	28:00	112	28:00	52.20	4:45:44	5:28	113	1:31:57	144	1:31:57
Masserberg	17.30	1:29:03	5:08	75	24:19	103	24:19	69.50	6:14:47	5:23	95	1:54:30	124	1:54:30
Allzunah	17.90	1:40:11	5:35	101	32:05	134	32:11	87.40	7:54:58	5:26	94	2:23:59	121	2:23:59
Grenzdler	20.00	1:48:17	5:24	105	36:10	161	36:10	107.40	9:43:15	5:25	98	3:00:09	127	3:00:09
Neue Ausspanne	13.70	1:08:21	4:59	55	18:55	67	18:55	121.10	10:51:36	5:22	91	3:19:04	116	3:19:04
Kleiner Inselsber	13.90	1:18:23	5:38	92	29:30	129	29:30	135.00	12:09:59	5:24	93	3:47:02	115	3:47:02
Hohe Sonne	18.90	1:42:25	5:25	94	30:47	139	32:53	153.90	13:52:24	5:24	96	4:17:42	120	4:17:42
Hörschel	15.00	1:21:34	5:26	96	31:16	129	31:16	168.90	15:13:58	5:24	96	4:43:13	118	4:43:13