



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Barbarossas Rache

□□□: 16:45:16

□□: 180

□□: 10.03 km/h

□□□□: 5:57 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 210 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 65(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:33:50	5:19	37	23:12	125	30:22	17.60	1:33:50	5:19	37	23:12	231	30:22
Schildwiese	18.60	1:32:20	4:57	27	24:16	97	24:16	36.20	3:06:10	5:08	29	44:26	231	52:14
Neuhaus	16.00	2:37:16	9:49	74	1:29:25	229	1:37:59	52.20	5:43:26	6:34	70	2:02:25	231	2:29:39
Masserberg	17.30	1:48:50	6:17	60	38:23	203	44:06	69.50	7:32:16	6:30	74	2:40:48	231	3:11:59
Allzunah	17.90	1:30:29	5:03	10	22:29	56	22:29	87.40	9:02:45	6:12	71	2:55:30	231	3:31:46
Grenzdler	20.00	1:39:26	4:58	35	25:07	109	27:19	107.40	10:42:11	5:58	66	3:20:37	231	3:59:05
Neue Ausspanne	13.70	1:29:43	6:32	65	34:30	215	40:17	121.10	12:11:54	6:02	68	3:48:27	231	4:39:22
Kleiner Inselsber	13.90	1:31:21	6:34	67	36:29	212	42:28	135.00	13:43:15	6:05	71	4:19:36	231	5:20:18
Hohe Sonne	18.90	1:45:15	5:34	45	35:43	157	35:43	153.90	15:28:30	6:01	70	4:51:37	230	5:53:48
Hörschel	15.00	1:16:46	5:07	17	13:30	88	26:28	168.90	16:45:16	5:57	65	5:05:07	210	6:14:31