



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Torpedo Alfredo

□□□: 16:53:10

□□: 177

□□: 9.95 km/h

□□□□: 6:00 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 218 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 70(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:49:49	6:14	66	39:11	216	46:21	17.60	1:49:49	6:14	66	39:11	231	46:21
Schildwiese	18.60	2:07:02	6:49	75	58:58	230	58:58	36.20	3:56:51	6:32	73	1:35:07	231	1:42:55
Neuhaus	16.00	1:47:53	6:44	63	40:02	215	48:36	52.20	5:44:44	6:36	71	2:03:43	231	2:30:57
Masserberg	17.30	1:36:00	5:32	36	25:33	141	31:16	69.50	7:20:44	6:20	71	2:29:16	231	3:00:27
Allzunah	17.90	1:38:42	5:30	24	30:42	123	30:42	87.40	8:59:26	6:10	68	2:52:11	231	3:28:27
Grenzdler	20.00	1:38:28	4:55	33	24:09	99	26:21	107.40	10:37:54	5:56	63	3:16:20	231	3:54:48
Neue Ausspanne	13.70	1:31:13	6:39	67	36:00	220	41:47	121.10	12:09:07	6:01	67	3:45:40	231	4:36:35
Kleiner Inselsber	13.90	1:23:04	5:58	43	28:12	169	34:11	135.00	13:32:11	6:00	67	4:08:32	231	5:09:14
Hohe Sonne	18.90	1:48:18	5:43	50	38:46	177	38:46	153.90	15:20:29	5:58	67	4:43:36	230	5:45:47
Hörschel	15.00	1:32:41	6:10	61	29:25	191	42:23	168.90	16:53:10	5:59	70	5:13:01	218	6:22:25