



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Bundeswehr Laufteam 131

□□□: 12:31:59

□□: 24

□□: 13.40 km/h  
□□□□: 4:27 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 18 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 14(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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| □□□               | □□    | □□      | □□     | □□ | □□    | □□  | □□    | □□□    | □□□      | □□□    | □□ | □□      | □□  | □□      |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
|                   | km    | □□      | min/km | -  | -     | □□□ | □□□   | km     | □□       | min/km | -  | -       | □□□ | □□□     |
| Grumbach          | 17.60 | 1:30:50 | 5:09   | 71 | 27:22 | 104 | 27:22 | 17.60  | 1:30:50  | 5:09   | 71 | 27:22   | 104 | 27:22   |
| Schildwiese       | 18.60 | 1:15:04 | 4:02   | 7  | 6:11  | 12  | 7:00  | 36.20  | 2:45:54  | 4:34   | 19 | 31:58   | 31  | 31:58   |
| Neuhaus           | 16.00 | 1:17:10 | 4:49   | 35 | 17:53 | 40  | 17:53 | 52.20  | 4:03:04  | 4:39   | 20 | 49:17   | 28  | 49:17   |
| Masserberg        | 17.30 | 1:25:11 | 4:55   | 54 | 20:27 | 70  | 20:27 | 69.50  | 5:28:15  | 4:43   | 24 | 1:07:58 | 30  | 1:07:58 |
| Allzunah          | 17.90 | 1:13:44 | 4:07   | 6  | 5:38  | 8   | 5:44  | 87.40  | 6:41:59  | 4:35   | 17 | 1:11:00 | 21  | 1:11:00 |
| Grenzadler        | 20.00 | 1:18:12 | 3:54   | 7  | 6:05  | 10  | 6:05  | 107.40 | 8:00:11  | 4:28   | 14 | 1:17:05 | 18  | 1:17:05 |
| Neue Ausspanne    | 13.70 | 1:03:04 | 4:36   | 27 | 13:38 | 32  | 13:38 | 121.10 | 9:03:15  | 4:29   | 15 | 1:30:43 | 19  | 1:30:43 |
| Kleiner Inselsber | 13.90 | 1:08:37 | 4:56   | 37 | 19:44 | 46  | 19:44 | 135.00 | 10:11:52 | 4:31   | 15 | 1:48:55 | 19  | 1:48:55 |
| Hohe Sonne        | 18.90 | 1:18:16 | 4:08   | 7  | 6:38  | 12  | 8:44  | 153.90 | 11:30:08 | 4:29   | 14 | 1:55:26 | 18  | 1:55:26 |
| Hörschel          | 15.00 | 1:01:51 | 4:07   | 9  | 11:33 | 9   | 11:33 | 168.90 | 12:31:59 | 4:27   | 14 | 2:01:14 | 18  | 2:01:14 |