



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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m&i Fachklinik

□□□: 15:32:36

□□: 153

□□: 10.81 km/h

□□□□: 5:31 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 136 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 107(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.60	2:11:06	7:26	143	1:07:38	229	1:07:38	17.60	2:11:06	7:26	143	1:07:38	229	1:07:38
Schildwiese	18.60	1:33:58	5:03	80	25:05	112	25:54	36.20	3:45:04	6:13	143	1:31:08	222	1:31:08
Neuhaus	16.00	2:04:17	7:46	143	1:05:00	228	1:05:00	52.20	5:49:21	6:41	143	2:35:34	229	2:35:34
Masserberg	17.30	1:28:37	5:07	69	23:53	95	23:53	69.50	7:17:58	6:18	143	2:57:41	224	2:57:41
Allzunah	17.90	1:17:44	4:20	12	9:38	16	9:44	87.40	8:35:42	5:54	140	3:04:43	202	3:04:43
Grenzdler	20.00	1:35:00	4:45	51	22:53	76	22:53	107.40	10:10:42	5:41	128	3:27:36	178	3:27:36
Neue Ausspanne	13.70	1:23:04	6:03	118	33:38	171	33:38	121.10	11:33:46	5:43	127	4:01:14	178	4:01:14
Kleiner Inselsber	13.90	1:24:46	6:05	123	35:53	182	35:53	135.00	12:58:32	5:46	131	4:35:35	184	4:35:35
Hohe Sonne	18.90	1:22:29	4:21	14	10:51	21	12:57	153.90	14:21:01	5:35	118	4:46:19	154	4:46:19
Hörschel	15.00	1:11:35	4:46	48	21:17	57	21:17	168.90	15:32:36	5:31	107	5:01:51	136	5:01:51