



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Kriechströme

□□□: 18:51:14

□□: 235

□□: 8.91 km/h

□□□□: 6:42 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 229 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 75(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:59:58	6:48	74	49:20	228	56:30	17.60	1:59:58	6:48	74	49:20	231	56:30
Schildwiese	18.60	2:05:18	6:44	74	57:14	229	57:14	36.20	4:05:16	6:46	75	1:43:32	231	1:51:20
Neuhaus	16.00	1:50:34	6:54	65	42:43	219	51:17	52.20	5:55:50	6:49	75	2:14:49	231	2:42:03
Masserberg	17.30	1:28:58	5:08	26	18:31	101	24:14	69.50	7:24:48	6:24	72	2:33:20	231	3:04:31
Allzunah	17.90	2:53:26	9:41	75	1:45:26	230	1:45:26	87.40	10:18:14	7:04	75	4:10:59	231	4:47:15
Grenzdler	20.00	2:11:13	6:33	69	56:54	220	59:06	107.40	12:29:27	6:58	75	5:07:53	231	5:46:21
Neue Ausspanne	13.70	1:13:28	5:21	17	18:15	101	24:02	121.10	13:42:55	6:47	75	5:19:28	231	6:10:23
Kleiner Inselsber	13.90	1:28:36	6:22	62	33:44	203	39:43	135.00	15:11:31	6:45	75	5:47:52	231	6:48:34
Hohe Sonne	18.90	1:59:28	6:19	70	49:56	218	49:56	153.90	17:10:59	6:41	75	6:34:06	230	7:36:17
Hörschel	15.00	1:40:15	6:41	69	36:59	215	49:57	168.90	18:51:14	6:41	75	7:11:05	229	8:20:29