



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Die durstigsten zehn vom ASV Erfurt □□□: 18:35:01

□□: 182

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Mixstaffel

□□: 9.04 km/h

□□□□: 6:36 min/km

□□□□□: 228 (of 230)

□□□□□□: 10:30:45

□□□□□: 74(of 75)

□□□□□□□: 11:40:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:50:09	6:15	68	39:31	218	46:41	17.60	1:50:09	6:15	68	39:31	231	46:41
Schildwiese	18.60	2:04:38	6:42	73	56:34	228	56:34	36.20	3:54:47	6:29	72	1:33:03	231	1:40:51
Neuhaus	16.00	1:51:47	6:59	67	43:56	221	52:30	52.20	5:46:34	6:38	72	2:05:33	231	2:32:47
Masserberg	17.30	1:54:53	6:38	69	44:26	219	50:09	69.50	7:41:27	6:38	75	2:49:59	231	3:21:10
Allzunah	17.90	1:59:05	6:39	68	51:05	214	51:05	87.40	9:40:32	6:38	74	3:33:17	231	4:09:33
Grenzdler	20.00	2:15:07	6:45	71	1:00:48	225	1:03:00	107.40	11:55:39	6:39	74	4:34:05	231	5:12:33
Neue Ausspanne	13.70	1:17:58	5:41	32	22:45	139	28:32	121.10	13:13:37	6:33	74	4:50:10	231	5:41:05
Kleiner Inselsber	13.90	1:45:17	7:34	75	50:25	230	56:24	135.00	14:58:54	6:39	74	5:35:15	231	6:35:57
Hohe Sonne	18.90	2:06:56	6:42	74	57:24	225	57:24	153.90	17:05:50	6:39	74	6:28:57	230	7:31:08
Hörschel	15.00	1:29:11	5:56	52	25:55	173	38:53	168.90	18:35:01	6:36	74	6:54:52	228	8:04:16