



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Brose Runners

□□□: 13:05:03

□□: 21

□□: 12.84 km/h
□□□□: 4:39 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 25 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 20(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.60	1:18:20	4:27	13	14:52	22	14:52	17.60	1:18:20	4:27	13	14:52	22	14:52
Schildwiese	18.60	1:31:18	4:54	62	22:25	90	23:14	36.20	2:49:38	4:41	25	35:42	42	35:42
Neuhaus	16.00	1:12:50	4:33	18	13:33	20	13:33	52.20	4:02:28	4:38	18	48:41	26	48:41
Masserberg	17.30	1:12:17	4:10	11	7:33	12	7:33	69.50	5:14:45	4:31	16	54:28	20	54:28
Allzunah	17.90	1:25:19	4:45	24	17:13	30	17:19	87.40	6:40:04	4:34	15	1:09:05	19	1:09:05
Grenzdler	20.00	1:29:48	4:29	30	17:41	44	17:41	107.40	8:09:52	4:33	17	1:26:46	21	1:26:46
Neue Ausspanne	13.70	1:07:20	4:54	48	17:54	59	17:54	121.10	9:17:12	4:36	18	1:44:40	22	1:44:40
Kleiner Inselsber	13.90	1:06:06	4:45	33	17:13	41	17:13	135.00	10:23:18	4:37	18	2:00:21	22	2:00:21
Hohe Sonne	18.90	1:29:10	4:43	43	17:32	57	19:38	153.90	11:52:28	4:37	18	2:17:46	22	2:17:46
Hörschel	15.00	1:12:35	4:50	54	22:17	65	22:17	168.90	13:05:03	4:38	20	2:34:18	25	2:34:18