



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Running Gag

□□□: 13:32:06

□□: 81

□□: 12.41 km/h  
□□□□: 4:49 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 31 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 25(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.60	1:25:50	4:52	46	22:22	66	22:22	17.60	1:25:50	4:52	46	22:22	66	22:22
Schildwiese	18.60	1:27:16	4:41	38	18:23	59	19:12	36.20	2:53:06	4:46	30	39:10	48	39:10
Neuhaus	16.00	1:13:33	4:35	20	14:16	22	14:16	52.20	4:06:39	4:43	27	52:52	39	52:52
Masserberg	17.30	1:21:53	4:43	32	17:09	42	17:09	69.50	5:28:32	4:43	26	1:08:15	32	1:08:15
Allzunah	17.90	1:26:43	4:50	27	18:37	34	18:43	87.40	6:55:15	4:45	25	1:24:16	31	1:24:16
Grenzdler	20.00	1:33:39	4:40	42	21:32	64	21:32	107.40	8:28:54	4:44	24	1:45:48	30	1:45:48
Neue Ausspanne	13.70	1:00:54	4:26	19	11:28	21	11:28	121.10	9:29:48	4:42	22	1:57:16	29	1:57:16
Kleiner Inselsber	13.90	1:16:00	5:28	77	27:07	104	27:07	135.00	10:45:48	4:47	24	2:22:51	30	2:22:51
Hohe Sonne	18.90	1:30:26	4:47	51	18:48	66	20:54	153.90	12:16:14	4:47	23	2:41:32	29	2:41:32
Hörschel	15.00	1:15:52	5:03	66	25:34	81	25:34	168.90	13:32:06	4:48	25	3:01:21	31	3:01:21