



# 18. Rennsteig-Staffellauf

Blankenstein bis Hürschel / 18.06.2016

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Schlußleuchten

□□□: 14:42:04

□□: 225

□□: 11.43 km/h  
□□□□: 5:13 min/km

□□: 168.90 km

Blankenstein-Hürschel

□□□□□: 84 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 15(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:31:34	5:12	34	20:56	111	28:06	17.60	1:31:34	5:12	34	20:56	231	28:06
Schildwiese	18.60	1:33:56	5:03	29	25:52	111	25:52	36.20	3:05:30	5:07	26	43:46	231	51:34
Neuhaus	16.00	1:32:59	5:48	38	25:08	160	33:42	52.20	4:38:29	5:20	25	57:28	231	1:24:42
Masserberg	17.30	1:32:28	5:20	33	22:01	126	27:44	69.50	6:10:57	5:20	24	1:19:29	231	1:50:40
Allzunah	17.90	1:36:11	5:22	21	28:11	103	28:11	87.40	7:47:08	5:20	21	1:39:53	231	2:16:09
Grenzdler	20.00	1:31:52	4:35	15	17:33	53	19:45	107.40	9:19:00	5:12	17	1:57:26	231	2:35:54
Neue Ausspanne	13.70	1:16:36	5:35	25	21:23	126	27:10	121.10	10:35:36	5:14	15	2:12:09	231	3:03:04
Kleiner Inselsber	13.90	1:11:09	5:07	11	16:17	63	22:16	135.00	11:46:45	5:14	15	2:23:06	231	3:23:48
Hohe Sonne	18.90	1:34:19	4:59	24	24:47	92	24:47	153.90	13:21:04	5:12	14	2:44:11	230	3:46:22
Hürschel	15.00	1:21:00	5:24	26	17:44	120	30:42	168.90	14:42:04	5:13	15	3:01:55	84	4:11:19