



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Erbstromtaler Schmalwaden

□□□: 13:45:30

□□: 131

□□: 12.21 km/h

□□□□: 4:53 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 36 (of 230)

□□□□□□: 10:30:45

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□□□□□: 29(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:36:00	5:27	95	32:32	141	32:32	17.60	1:36:00	5:27	95	32:32	141	32:32
Schildwiese	18.60	1:23:40	4:29	22	14:47	40	15:36	36.20	2:59:40	4:57	52	45:44	74	45:44
Neuhaus	16.00	1:20:28	5:01	54	21:11	61	21:11	52.20	4:20:08	4:59	46	1:06:21	63	1:06:21
Masserberg	17.30	1:29:27	5:10	79	24:43	108	24:43	69.50	5:49:35	5:01	47	1:29:18	64	1:29:18
Allzunah	17.90	1:28:32	4:56	37	20:26	47	20:32	87.40	7:18:07	5:00	41	1:47:08	51	1:47:08
Grenzadler	20.00	1:38:54	4:56	67	26:47	103	26:47	107.40	8:57:01	5:00	46	2:13:55	59	2:13:55
Neue Ausspanne	13.70	1:03:26	4:37	30	14:00	35	14:00	121.10	10:00:27	4:57	40	2:27:55	50	2:27:55
Kleiner Inselsber	13.90	1:12:28	5:12	57	23:35	72	23:35	135.00	11:12:55	4:59	36	2:49:58	45	2:49:58
Hohe Sonne	18.90	1:27:43	4:38	36	16:05	48	18:11	153.90	12:40:38	4:56	33	3:05:56	43	3:05:56
Hörschel	15.00	1:04:52	4:19	16	14:34	17	14:34	168.90	13:45:30	4:53	29	3:14:45	36	3:14:45