



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Sömmerdaer Gipfelstürmer I

□□□: 13:53:02

□□: 56

□□: 12.10 km/h  
□□□□: 4:56 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 44 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 35(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:25:44	4:52	44	22:16	64	22:16	17.60	1:25:44	4:52	44	22:16	64	22:16
Schildwiese	18.60	1:35:56	5:09	93	27:03	129	27:52	36.20	3:01:40	5:01	59	47:44	84	47:44
Neuhaus	16.00	1:24:53	5:18	79	25:36	92	25:36	52.20	4:26:33	5:06	61	1:12:46	81	1:12:46
Masserberg	17.30	1:32:38	5:21	90	27:54	127	27:54	69.50	5:59:11	5:10	69	1:38:54	89	1:38:54
Allzunah	17.90	1:31:41	5:07	49	23:35	64	23:41	87.40	7:30:52	5:09	61	1:59:53	77	1:59:53
Grenzdler	20.00	1:42:54	5:08	85	30:47	131	30:47	107.40	9:13:46	5:09	61	2:30:40	79	2:30:40
Neue Ausspanne	13.70	1:00:19	4:24	17	10:53	19	10:53	121.10	10:14:05	5:04	49	2:41:33	63	2:41:33
Kleiner Inselsber	13.90	1:01:42	4:26	17	12:49	23	12:49	135.00	11:15:47	5:00	40	2:52:50	50	2:52:50
Hohe Sonne	18.90	1:31:19	4:49	56	19:41	72	21:47	153.90	12:47:06	4:59	38	3:12:24	49	3:12:24
Hörschel	15.00	1:05:56	4:23	23	15:38	24	15:38	168.90	13:53:02	4:55	35	3:22:17	44	3:22:17