



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Leipziger Laufteam

□□□: 15:06:01

□□: 214

□□: 11.13 km/h  
□□□□: 5:22 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 111 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 18(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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□□□□

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| □□□               | □□    | □□      | □□     | □□ | □□    | □□  | □□    | □□□    | □□□      | □□□    | □□ | □□      | □□  | □□      |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
|                   | km    | □□      | min/km | -  | -     | □□□ | □□□   | km     | □□       | min/km | -  | -       | □□□ | □□□     |
| Grumbach          | 17.60 | 1:27:22 | 4:57   | 25 | 16:44 | 75  | 23:54 | 17.60  | 1:27:22  | 4:57   | 25 | 16:44   | 231 | 23:54   |
| Schildwiese       | 18.60 | 1:51:22 | 5:59   | 62 | 43:18 | 204 | 43:18 | 36.20  | 3:18:44  | 5:29   | 49 | 57:00   | 231 | 1:04:48 |
| Neuhaus           | 16.00 | 1:36:47 | 6:02   | 47 | 28:56 | 181 | 37:30 | 52.20  | 4:55:31  | 5:39   | 43 | 1:14:30 | 231 | 1:41:44 |
| Masserberg        | 17.30 | 1:41:57 | 5:53   | 46 | 31:30 | 170 | 37:13 | 69.50  | 6:37:28  | 5:43   | 44 | 1:46:00 | 231 | 2:17:11 |
| Allzunah          | 17.90 | 1:36:00 | 5:21   | 20 | 28:00 | 100 | 28:00 | 87.40  | 8:13:28  | 5:38   | 35 | 2:06:13 | 231 | 2:42:29 |
| Grenzdler         | 20.00 | 1:23:07 | 4:09   | 5  | 8:48  | 19  | 11:00 | 107.40 | 9:36:35  | 5:22   | 25 | 2:15:01 | 231 | 2:53:29 |
| Neue Ausspanne    | 13.70 | 1:26:16 | 6:17   | 61 | 31:03 | 198 | 36:50 | 121.10 | 11:02:51 | 5:28   | 25 | 2:39:24 | 231 | 3:30:19 |
| Kleiner Inselsber | 13.90 | 1:15:10 | 5:24   | 20 | 20:18 | 94  | 26:17 | 135.00 | 12:18:01 | 5:28   | 24 | 2:54:22 | 231 | 3:55:04 |
| Hohe Sonne        | 18.90 | 1:25:35 | 4:31   | 11 | 16:03 | 36  | 16:03 | 153.90 | 13:43:36 | 5:21   | 18 | 3:06:43 | 230 | 4:08:54 |
| Hörschel          | 15.00 | 1:22:25 | 5:29   | 32 | 19:09 | 134 | 32:07 | 168.90 | 15:06:01 | 5:21   | 18 | 3:25:52 | 111 | 4:35:16 |