



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Die himmelblauen Gazellen

□□□: 11:35:07

□□: 126

□□: 14.50 km/h  
□□□□: 4:07 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 5 (of 230)

□□□□□□: 10:30:45

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□□□□□: 5(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:14:16	4:13	8	10:48	12	10:48	17.60	1:14:16	4:13	8	10:48	12	10:48
Schildwiese	18.60	1:15:18	4:02	8	6:25	13	7:14	36.20	2:29:34	4:07	6	15:38	11	15:38
Neuhaus	16.00	1:09:17	4:19	11	10:00	12	10:00	52.20	3:38:51	4:11	7	25:04	7	25:04
Masserberg	17.30	1:10:34	4:04	10	5:50	11	5:50	69.50	4:49:25	4:09	6	29:08	6	29:08
Allzunah	17.90	1:10:21	3:55	2	2:15	3	2:21	87.40	5:59:46	4:06	5	28:47	5	28:47
Grenzdler	20.00	1:16:11	3:48	4	4:04	5	4:04	107.40	7:15:57	4:03	5	32:51	5	32:51
Neue Ausspanne	13.70	54:43	3:59	7	5:17	7	5:17	121.10	8:10:40	4:03	5	38:08	5	38:08
Kleiner Inselsber	13.90	1:04:12	4:37	25	15:19	32	15:19	135.00	9:14:52	4:06	5	51:55	5	51:55
Hohe Sonne	18.90	1:23:54	4:26	18	12:16	27	14:22	153.90	10:38:46	4:09	5	1:04:04	6	1:04:04
Hörschel	15.00	56:21	3:45	4	6:03	4	6:03	168.90	11:35:07	4:06	5	1:04:22	5	1:04:22