



# 20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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SV Kyffhäuser

□□□: 14:38:53

□□: 179

□□: 11.47 km/h  
□□□□: 5:12 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 91 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 72(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:32:02	5:13	107	26:38	142	26:38	17.60	1:32:02	5:13	107	26:38	142	26:38
Schildwiese	18.58	1:20:58	4:21	24	15:09	37	15:09	36.18	2:53:00	4:46	45	41:47	61	41:47
Neuhaus	13.54	1:11:21	5:16	68	18:50	83	18:50	49.72	4:04:21	4:54	51	1:00:19	62	1:00:19
Masserberg	19.86	1:45:55	5:19	89	29:24	122	29:24	69.58	5:50:16	5:02	59	1:29:32	74	1:29:32
Allzunah	17.89	1:28:59	4:58	49	21:27	66	21:27	87.47	7:19:15	5:01	52	1:48:50	67	1:48:50
Grenzdler	19.96	1:46:47	5:20	109	32:33	160	32:33	107.43	9:06:02	5:04	62	2:17:32	79	2:17:32
Neue Ausspanne	13.68	1:19:16	5:47	117	30:12	159	30:12	121.11	10:25:18	5:09	68	2:47:44	86	2:47:44
Kleiner Inselsber	13.90	1:09:38	5:00	57	20:22	72	20:22	135.01	11:34:56	5:08	64	3:04:36	80	3:04:36
Hohe Sonne	18.94	1:32:45	4:53	49	26:16	75	26:16	153.95	13:07:41	5:06	58	3:29:02	74	3:29:02
Hörschel	15.02	1:31:12	6:04	129	39:19	189	39:19	168.97	14:38:53	5:12	72	4:08:21	91	4:08:21