



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Schlammfläufer

□□□: 14:40:20

□□: 120

□□: 11.45 km/h

□□□□: 5:13 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 93 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 74(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:31:49	5:13	104	26:25	139	26:25	17.60	1:31:49	5:13	104	26:25	139	26:25
Schildwiese	18.58	1:22:20	4:25	27	16:31	41	16:31	36.18	2:54:09	4:48	50	42:56	67	42:56
Neuhaus	13.54	1:11:58	5:18	71	19:27	86	19:27	49.72	4:06:07	4:57	56	1:02:05	68	1:02:05
Masserberg	19.86	1:45:04	5:17	87	28:33	120	28:33	69.58	5:51:11	5:02	63	1:30:27	79	1:30:27
Allzunah	17.89	1:40:44	5:37	106	33:12	143	33:12	87.47	7:31:55	5:09	71	2:01:30	87	2:01:30
Grenzdler	19.96	1:33:26	4:40	46	19:12	65	19:12	107.43	9:05:21	5:04	61	2:16:51	78	2:16:51
Neue Ausspanne	13.68	1:07:33	4:56	56	18:29	65	18:29	121.11	10:12:54	5:03	55	2:35:20	71	2:35:20
Kleiner Inselsber	13.90	1:20:39	5:48	119	31:23	165	31:23	135.01	11:33:33	5:08	63	3:03:13	79	3:03:13
Hohe Sonne	18.94	1:44:39	5:31	108	38:10	161	38:10	153.95	13:18:12	5:11	71	3:39:33	88	3:39:33
Hörschel	15.02	1:22:08	5:28	91	30:15	125	30:15	168.97	14:40:20	5:12	74	4:09:48	93	4:09:48