



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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LG Pegasos Berlin

□□□: 15:31:07

□□: 586

□□: 10.83 km/h
□□□□: 5:31 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 148 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 29(of 70)

Mixstaffel

□□□□□□□: 11:22:39

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.60 | 1:49:36 | 6:13 | 59 | 39:51 | 213 | 44:12 | 17.60 | 1:49:36 | 6:13 | 59 | 39:51 | 229 | 44:12 |
| Schildwiese | 18.58 | 1:33:44 | 5:02 | 28 | 21:55 | 118 | 27:55 | 36.18 | 3:23:20 | 5:37 | 44 | 1:00:11 | 229 | 1:12:07 |
| Neuhaus | 13.54 | 1:21:03 | 5:59 | 42 | 22:01 | 168 | 28:32 | 49.72 | 4:44:23 | 5:43 | 49 | 1:20:55 | 229 | 1:40:21 |
| Masserberg | 19.86 | 1:40:26 | 5:03 | 17 | 21:48 | 74 | 23:55 | 69.58 | 6:24:49 | 5:31 | 32 | 1:41:09 | 229 | 2:04:05 |
| Allzunah | 17.89 | 1:36:08 | 5:22 | 26 | 24:54 | 116 | 28:36 | 87.47 | 8:00:57 | 5:29 | 30 | 1:59:19 | 229 | 2:30:32 |
| Grenzadler | 19.96 | 1:55:34 | 5:47 | 60 | 39:29 | 202 | 41:20 | 107.43 | 9:56:31 | 5:33 | 41 | 2:37:09 | 229 | 3:08:01 |
| Neue Ausspanne | 13.68 | 1:16:32 | 5:35 | 22 | 18:36 | 132 | 27:28 | 121.11 | 11:13:03 | 5:33 | 36 | 2:55:45 | 229 | 3:35:29 |
| Kleiner Inselsber | 13.90 | 1:15:38 | 5:26 | 20 | 19:32 | 118 | 26:22 | 135.01 | 12:28:41 | 5:32 | 30 | 3:15:17 | 229 | 3:58:21 |
| Hohe Sonne | 18.94 | 1:45:20 | 5:33 | 47 | 36:31 | 165 | 38:51 | 153.95 | 14:14:01 | 5:32 | 33 | 3:51:48 | 229 | 4:35:22 |
| Hörschel | 15.02 | 1:17:06 | 5:07 | 22 | 19:41 | 92 | 25:13 | 168.97 | 15:31:07 | 5:30 | 29 | 4:08:28 | 148 | 5:00:35 |