



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Energy Runners-Laufteam Siemens Generatorenwerk Er

□□: 186

□□: 168.97 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□: 11.41 km/h

□□□□: 5:14 min/km

□□□□□: 99 (of 228)

□□□□□□: 10:30:32

□□□□□: 79(of 145)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.60	1:26:50	4:56	67	21:26	87	21:26	17.60	1:26:50	4:56	67	21:26	87	21:26
Schildwiese	18.58	1:31:30	4:55	71	25:41	95	25:41	36.18	2:58:20	4:55	68	47:07	87	47:07
Neuhaus	13.54	1:16:47	5:40	101	24:16	130	24:16	49.72	4:15:07	5:07	79	1:11:05	98	1:11:05
Masserberg	19.86	1:40:00	5:02	54	23:29	73	23:29	69.58	5:55:07	5:06	66	1:34:23	82	1:34:23
Allzunah	17.89	1:36:53	5:24	93	29:21	123	29:21	87.47	7:32:00	5:10	73	2:01:35	89	2:01:35
Grenzdler	19.96	1:43:26	5:10	97	29:12	139	29:12	107.43	9:15:26	5:10	71	2:26:56	89	2:26:56
Neue Ausspanne	13.68	1:14:18	5:25	87	25:14	111	25:14	121.11	10:29:44	5:11	74	2:52:10	92	2:52:10
Kleiner Inselsber	13.90	1:22:08	5:54	123	32:52	177	32:52	135.01	11:51:52	5:16	84	3:21:32	103	3:21:32
Hohe Sonne	18.94	1:32:25	4:52	45	25:56	69	25:56	153.95	13:24:17	5:13	78	3:45:38	96	3:45:38
Hörschel	15.02	1:18:53	5:15	76	27:00	102	27:00	168.97	14:43:10	5:13	79	4:12:38	99	4:12:38