



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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BensenCity Runners

□□□: 14:41:38

□□: 155

□□: 11.43 km/h
□□□□: 5:13 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 96 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 77(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:26:55	4:56	70	21:31	90	21:31	17.60	1:26:55	4:56	70	21:31	90	21:31
Schildwiese	18.58	1:32:12	4:57	76	26:23	102	26:23	36.18	2:59:07	4:57	71	47:54	92	47:54
Neuhaus	13.54	1:12:20	5:20	73	19:49	89	19:49	49.72	4:11:27	5:03	71	1:07:25	88	1:07:25
Masserberg	19.86	2:00:01	6:02	125	43:30	193	43:30	69.58	6:11:28	5:20	95	1:50:44	121	1:50:44
Allzunah	17.89	1:51:51	6:15	132	44:19	197	44:19	87.47	8:03:19	5:31	115	2:32:54	150	2:32:54
Grenzdler	19.96	1:41:08	5:04	88	26:54	123	26:54	107.43	9:44:27	5:26	108	2:55:57	141	2:55:57
Neue Ausspanne	13.68	1:16:50	5:36	107	27:46	138	27:46	121.11	11:01:17	5:27	112	3:23:43	141	3:23:43
Kleiner Inselsber	13.90	1:03:46	4:35	28	14:30	34	14:30	135.01	12:05:03	5:22	97	3:34:43	118	3:34:43
Hohe Sonne	18.94	1:23:52	4:25	18	17:23	30	17:23	153.95	13:28:55	5:15	83	3:50:16	102	3:50:16
Hörschel	15.02	1:12:43	4:50	41	20:50	56	20:50	168.97	14:41:38	5:13	77	4:11:06	96	4:11:06