



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Bed Race Old Stars Schnepfenthal □□□: 14:45:18

□□: 160

□□: 11.39 km/h
□□□□: 5:14 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 100 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 80(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:44:05	5:54	140	38:41	201	38:41	17.60	1:44:05	5:54	140	38:41	201	38:41
Schildwiese	18.58	1:37:46	5:15	108	31:57	146	31:57	36.18	3:21:51	5:34	134	1:10:38	180	1:10:38
Neuhaus	13.54	1:06:50	4:56	39	14:19	46	14:19	49.72	4:28:41	5:24	109	1:24:39	139	1:24:39
Masserberg	19.86	1:43:50	5:13	78	27:19	107	27:19	69.58	6:12:31	5:21	97	1:51:47	123	1:51:47
Allzunah	17.89	1:26:44	4:50	35	19:12	52	19:12	87.47	7:39:15	5:15	79	2:08:50	97	2:08:50
Grenzdler	19.96	2:06:19	6:19	142	52:05	221	52:05	107.43	9:45:34	5:27	110	2:57:04	144	2:57:04
Neue Ausspanne	13.68	1:06:21	4:51	50	17:17	56	17:17	121.11	10:51:55	5:22	102	3:14:21	126	3:14:21
Kleiner Inselsber	13.90	1:14:24	5:21	87	25:08	109	25:08	135.01	12:06:19	5:22	99	3:35:59	121	3:35:59
Hohe Sonne	18.94	1:29:55	4:44	34	23:26	50	23:26	153.95	13:36:14	5:18	91	3:57:35	113	3:57:35
Hörschel	15.02	1:09:04	4:35	28	17:11	37	17:11	168.97	14:45:18	5:14	80	4:14:46	100	4:14:46