



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Rennsteiglaufverein 1

□□□: 11:46:54

□□: 192

□□: 14.26 km/h

□□□□: 4:11 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 8 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 7(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:13:40	4:11	9	8:16	12	8:16	17.60	1:13:40	4:11	9	8:16	12	8:16
Schildwiese	18.58	1:09:48	3:45	6	3:59	6	3:59	36.18	2:23:28	3:57	6	12:15	7	12:15
Neuhaus	13.54	1:02:45	4:38	20	10:14	22	10:14	49.72	3:26:13	4:08	7	22:11	8	22:11
Masserberg	19.86	1:23:14	4:11	10	6:43	13	6:43	69.58	4:49:27	4:09	8	28:43	9	28:43
Allzunah	17.89	1:20:59	4:31	19	13:27	24	13:27	87.47	6:10:26	4:14	8	40:01	10	40:01
Grenzdler	19.96	1:29:37	4:29	30	15:23	42	15:23	107.43	7:40:03	4:16	9	51:33	10	51:33
Neue Ausspanne	13.68	58:43	4:17	19	9:39	20	9:39	121.11	8:38:46	4:17	9	1:01:12	10	1:01:12
Kleiner Inselsber	13.90	57:20	4:07	8	8:04	10	8:04	135.01	9:36:06	4:16	9	1:05:46	10	1:05:46
Hohe Sonne	18.94	1:15:37	3:59	5	9:08	7	9:08	153.95	10:51:43	4:13	8	1:13:04	9	1:13:04
Hörschel	15.02	55:11	3:40	4	3:18	4	3:18	168.97	11:46:54	4:11	7	1:16:22	8	1:16:22