



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Gü-We Läufer

□□□: 14:53:35

□□: 136

□□: 11.28 km/h
□□□□: 5:17 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 106 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 85(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.60	1:32:30	5:15	109	27:06	144	27:06	17.60	1:32:30	5:15	109	27:06	144	27:06
Schildwiese	18.58	1:27:55	4:43	55	22:06	73	22:06	36.18	3:00:25	4:59	80	49:12	102	49:12
Neuhaus	13.54	1:14:55	5:31	90	22:24	115	22:24	49.72	4:15:20	5:08	80	1:11:18	99	1:11:18
Masserberg	19.86	1:52:36	5:40	108	36:05	159	36:05	69.58	6:07:56	5:17	88	1:47:12	113	1:47:12
Allzunah	17.89	1:44:46	5:51	117	37:14	163	37:14	87.47	7:52:42	5:24	100	2:22:17	127	2:22:17
Grenzdler	19.96	1:49:10	5:28	122	34:56	179	34:56	107.43	9:41:52	5:24	104	2:53:22	135	2:53:22
Neue Ausspanne	13.68	1:10:52	5:10	72	21:48	87	21:48	121.11	10:52:44	5:23	103	3:15:10	127	3:15:10
Kleiner Inselsber	13.90	1:08:54	4:57	54	19:38	68	19:38	135.01	12:01:38	5:20	94	3:31:18	114	3:31:18
Hohe Sonne	18.94	1:34:56	5:00	62	28:27	89	28:27	153.95	13:36:34	5:18	92	3:57:55	114	3:57:55
Hörschel	15.02	1:17:01	5:07	66	25:08	90	25:08	168.97	14:53:35	5:17	85	4:23:03	106	4:23:03