



20. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 23.06.2018

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Laufrausch Rudolstadt

□□□: 15:05:37

□□: 152

□□: 11.13 km/h

□□□□: 5:22 min/km

□□: 168.97 km

Blankenstein-Hirschel

□□□□□: 121 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 97(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:35:43	5:26	118	30:19	159	30:19	17.60	1:35:43	5:26	118	30:19	159	30:19
Schildwiese	18.58	1:35:46	5:09	96	29:57	130	29:57	36.18	3:11:29	5:17	109	1:00:16	141	1:00:16
Neuhaus	13.54	1:30:24	6:40	142	37:53	216	37:53	49.72	4:41:53	5:40	134	1:37:51	182	1:37:51
Masserberg	19.86	1:43:06	5:11	68	26:35	95	26:35	69.58	6:24:59	5:31	117	2:04:15	152	2:04:15
Allzunah	17.89	1:34:53	5:18	78	27:21	105	27:21	87.47	7:59:52	5:29	110	2:29:27	141	2:29:27
Grenzdler	19.96	2:11:16	6:34	143	57:02	225	57:02	107.43	10:11:08	5:41	133	3:22:38	190	3:22:38
Neue Ausspanne	13.68	1:00:41	4:26	21	11:37	22	11:37	121.11	11:11:49	5:32	123	3:34:15	161	3:34:15
Kleiner Inselsber	13.90	1:08:39	4:56	51	19:23	65	19:23	135.01	12:20:28	5:29	111	3:50:08	137	3:50:08
Hohe Sonne	18.94	1:41:37	5:21	93	35:08	140	35:08	153.95	14:02:05	5:28	109	4:23:26	138	4:23:26
Hirschel	15.02	1:03:32	4:13	15	11:39	17	11:39	168.97	15:05:37	5:21	97	4:35:05	121	4:35:05