



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Lets connect - Weidmüller Rennsteig Run 14:58:43

□□: 170

□□: 168.97 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□: 11.22 km/h

□□□□: 5:19 min/km

□□□□□: 113 (of 228)

□□□□□□: 10:30:32

□□□□□: 91(of 145)

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.60	1:26:03	4:53	59	20:39	78	20:39	17.60	1:26:03	4:53	59	20:39	78	20:39
Schildwiese	18.58	1:52:58	6:04	138	47:09	212	47:09	36.18	3:19:01	5:30	128	1:07:48	173	1:07:48
Neuhaus	13.54	1:21:26	6:00	122	28:55	172	28:55	49.72	4:40:27	5:38	133	1:36:25	179	1:36:25
Masserberg	19.86	1:43:21	5:12	74	26:50	102	26:50	69.58	6:23:48	5:30	115	2:03:04	149	2:03:04
Allzunah	17.89	1:40:10	5:35	104	32:38	138	32:38	87.47	8:03:58	5:31	116	2:33:33	151	2:33:33
Grenzdler	19.96	1:32:05	4:36	42	17:51	59	17:51	107.43	9:36:03	5:21	100	2:47:33	127	2:47:33
Neue Ausspanne	13.68	1:18:03	5:42	112	28:59	150	28:59	121.11	10:54:06	5:24	106	3:16:32	130	3:16:32
Kleiner Inselsber	13.90	1:12:09	5:11	69	22:53	86	22:53	135.01	12:06:15	5:22	98	3:35:55	120	3:35:55
Hohe Sonne	18.94	1:27:13	4:36	24	20:44	38	20:44	153.95	13:33:28	5:17	87	3:54:49	109	3:54:49
Hörschel	15.02	1:25:15	5:40	106	33:22	154	33:22	168.97	14:58:43	5:19	91	4:28:11	113	4:28:11