



# 20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Gehlberger Waldstrolche

□□□: 15:23:15

□□: 519

□□: 10.92 km/h

□□□□: 5:28 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 134 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 108(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:22:14	4:40	31	16:50	46	16:50	17.60	1:22:14	4:40	31	16:50	46	16:50
Schildwiese	18.58	1:20:46	4:20	22	14:57	35	14:57	36.18	2:43:00	4:30	22	31:47	32	31:47
Neuhaus	13.54	1:19:01	5:50	116	26:30	153	26:30	49.72	4:02:01	4:52	43	57:59	53	57:59
Masserberg	19.86	1:29:46	4:31	20	13:15	29	13:15	69.58	5:31:47	4:46	27	1:11:03	36	1:11:03
Allzunah	17.89	1:51:08	6:12	130	43:36	193	43:36	87.47	7:22:55	5:03	59	1:52:30	74	1:52:30
Grenzdler	19.96	1:41:49	5:06	89	27:35	127	27:35	107.43	9:04:44	5:04	60	2:16:14	77	2:16:14
Neue Ausspanne	13.68	1:03:01	4:36	30	13:57	33	13:57	121.11	10:07:45	5:01	50	2:30:11	63	2:30:11
Kleiner Inselsber	13.90	1:03:15	4:33	25	13:59	30	13:59	135.01	11:11:00	4:58	45	2:40:40	57	2:40:40
Hohe Sonne	18.94	3:03:38	9:41	145	1:57:09	226	1:57:09	153.95	14:14:38	5:33	120	4:35:59	157	4:35:59
Hörschel	15.02	1:08:37	4:34	26	16:44	34	16:44	168.97	15:23:15	5:27	108	4:52:43	134	4:52:43