



# 20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Lauffreunde Gotha

□□□: 15:26:50

□□: 197

□□: 10.88 km/h  
□□□□: 5:29 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 138 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 111(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:26:41	4:55	62	21:17	82	21:17	17.60	1:26:41	4:55	62	21:17	82	21:17
Schildwiese	18.58	1:32:39	4:59	80	26:50	108	26:50	36.18	2:59:20	4:57	74	48:07	95	48:07
Neuhaus	13.54	1:09:01	5:05	59	16:30	68	16:30	49.72	4:08:21	4:59	66	1:04:19	80	1:04:19
Masserberg	19.86	1:48:18	5:27	99	31:47	140	31:47	69.58	5:56:39	5:07	70	1:35:55	87	1:35:55
Allzunah	17.89	1:41:51	5:41	109	34:19	146	34:19	87.47	7:38:30	5:14	78	2:08:05	96	2:08:05
Grenzdler	19.96	1:34:16	4:43	52	20:02	72	20:02	107.43	9:12:46	5:08	68	2:24:16	86	2:24:16
Neue Ausspanne	13.68	1:15:56	5:33	99	26:52	126	26:52	121.11	10:28:42	5:11	73	2:51:08	91	2:51:08
Kleiner Inselsber	13.90	1:22:36	5:56	125	33:20	180	33:20	135.01	11:51:18	5:16	82	3:20:58	101	3:20:58
Hohe Sonne	18.94	2:10:02	6:51	142	1:03:33	220	1:03:33	153.95	14:01:20	5:27	108	4:22:41	136	4:22:41
Hörschel	15.02	1:25:30	5:41	107	33:37	156	33:37	168.97	15:26:50	5:29	111	4:56:18	138	4:56:18