



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Rumpel di Rumpel

□□□: 15:27:38

□□: 193

□□: 10.87 km/h

□□□□: 5:29 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 142 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 115(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:29:37	5:05	88	24:13	115	24:13	17.60	1:29:37	5:05	88	24:13	115	24:13
Schildwiese	18.58	1:44:34	5:37	129	38:45	185	38:45	36.18	3:14:11	5:22	119	1:02:58	158	1:02:58
Neuhaus	13.54	1:19:29	5:52	117	26:58	159	26:58	49.72	4:33:40	5:30	118	1:29:38	152	1:29:38
Masserberg	19.86	1:42:52	5:10	67	26:21	93	26:21	69.58	6:16:32	5:24	106	1:55:48	134	1:55:48
Allzunah	17.89	1:32:58	5:11	69	25:26	91	25:26	87.47	7:49:30	5:22	94	2:19:05	117	2:19:05
Grenzdler	19.96	1:43:36	5:11	100	29:22	143	29:22	107.43	9:33:06	5:20	98	2:44:36	124	2:44:36
Neue Ausspanne	13.68	1:04:52	4:44	36	15:48	41	15:48	121.11	10:37:58	5:16	86	3:00:24	105	3:00:24
Kleiner Inselsber	13.90	1:48:39	7:48	145	59:23	228	59:23	135.01	12:26:37	5:31	117	3:56:17	147	3:56:17
Hohe Sonne	18.94	1:47:05	5:39	118	40:36	176	40:36	153.95	14:13:42	5:32	119	4:35:03	155	4:35:03
Hörschel	15.02	1:13:56	4:55	47	22:03	64	22:03	168.97	15:27:38	5:29	115	4:57:06	142	4:57:06