



# 20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Rennsteiglaufverein 2

□□□: 16:30:50

□□: 609

□□: 10.17 km/h

□□□□: 5:52 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 205 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 55(of 70)

Mixstaffel

□□□□□□□: 11:22:39

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	2:11:49	7:29	70	1:02:04	228	1:06:25	17.60	2:11:49	7:29	70	1:02:04	229	1:06:25
Schildwiese	18.58	1:50:15	5:56	58	38:26	207	44:26	36.18	4:02:04	6:41	70	1:38:55	229	1:50:51
Neuhaus	13.54	1:19:03	5:50	33	20:01	154	26:32	49.72	5:21:07	6:27	68	1:57:39	229	2:17:05
Masserberg	19.86	1:56:19	5:51	54	37:41	179	39:48	69.58	7:17:26	6:17	67	2:33:46	229	2:56:42
Allzunah	17.89	1:41:54	5:41	32	30:40	147	34:22	87.47	8:59:20	6:09	66	2:57:42	229	3:28:55
Grenzadler	19.96	1:45:28	5:17	44	29:23	155	31:14	107.43	10:44:48	6:00	64	3:25:26	229	3:56:18
Neue Ausspanne	13.68	1:29:53	6:34	61	31:57	215	40:49	121.11	12:14:41	6:03	66	3:57:23	229	4:37:07
Kleiner Inselsber	13.90	1:09:28	4:59	11	13:22	71	20:12	135.01	13:24:09	5:57	63	4:10:45	229	4:53:49
Hohe Sonne	18.94	1:37:19	5:08	28	28:30	106	30:50	153.95	15:01:28	5:51	55	4:39:15	229	5:22:49
Hörschel	15.02	1:29:22	5:56	45	31:57	180	37:29	168.97	16:30:50	5:51	56	5:08:11	206	6:00:18