



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Speedys Ladies Eichsfeld

□□□: 16:48:05

□□: 7

□□: 10.00 km/h

□□□□: 5:58 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 216 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 10(of 13)

Frauenstaffel

□□□□□□□: 12:58:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:41:32	5:46	5	17:35	191	36:08	17.60	1:41:32	5:46	5	17:35	229	36:08
Schildwiese	18.58	1:44:39	5:37	8	26:45	187	38:50	36.18	3:26:11	5:41	7	40:37	229	1:14:58
Neuhaus	13.54	1:28:06	6:30	10	24:21	207	35:35	49.72	4:54:17	5:55	9	1:02:41	229	1:50:15
Masserberg	19.86	2:02:33	6:10	11	25:17	204	46:02	69.58	6:56:50	5:59	9	1:25:46	229	2:36:06
Allzunah	17.89	1:54:49	6:25	12	31:06	209	47:17	87.47	8:51:39	6:04	11	1:56:52	229	3:21:14
Grenzdler	19.96	2:06:43	6:20	11	36:04	222	52:29	107.43	10:58:22	6:07	13	2:32:18	229	4:09:52
Neue Ausspanne	13.68	1:19:21	5:48	10	17:39	161	30:17	121.11	12:17:43	6:05	12	2:49:57	229	4:40:09
Kleiner Inselsber	13.90	1:30:17	6:29	13	34:20	208	41:01	135.01	13:48:00	6:07	12	3:21:20	229	5:17:40
Hohe Sonne	18.94	1:38:58	5:13	5	15:51	121	32:29	153.95	15:26:58	6:01	11	3:37:11	229	5:48:19
Hörschel	15.02	1:21:07	5:24	7	13:19	117	29:14	168.97	16:48:05	5:57	10	3:50:00	217	6:17:33