



20. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 23.06.2018

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Harzer Teufel 1 by Harzsparkasse/ Stadtwerke We

□□: 199

□□: 168.97 km

Blankenstein-Hirschel

□□□□:

Männerstaffel

□□: 13.56 km/h

□□□□: 4:24 min/km

□□□□□: 15 (of 228)

□□□□□□: 10:30:32

□□□□□: 12(of 145)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.60	1:17:37	4:24	15	12:13	20	12:13	17.60	1:17:37	4:24	15	12:13	20	12:13
Schildwiese	18.58	1:20:50	4:21	23	15:01	36	15:01	36.18	2:38:27	4:22	16	27:14	21	27:14
Neuhaus	13.54	1:09:11	5:06	60	16:40	69	16:40	49.72	3:47:38	4:34	18	43:36	23	43:36
Masserberg	19.86	1:28:43	4:28	17	12:12	26	12:12	69.58	5:16:21	4:32	16	55:37	20	55:37
Allzunah	17.89	1:10:02	3:54	4	2:30	4	2:30	87.47	6:26:23	4:25	12	55:58	16	55:58
Grenzdler	19.96	1:19:37	3:59	9	5:23	10	5:23	107.43	7:46:00	4:20	10	57:30	13	57:30
Neue Ausspanne	13.68	1:03:27	4:38	31	14:23	34	14:23	121.11	8:49:27	4:22	11	1:11:53	14	1:11:53
Kleiner Inselsber	13.90	1:02:45	4:30	22	13:29	27	13:29	135.01	9:52:12	4:23	12	1:21:52	13	1:21:52
Hohe Sonne	18.94	1:21:52	4:19	14	15:23	21	15:23	153.95	11:14:04	4:22	12	1:35:25	14	1:35:25
Hirschel	15.02	1:09:24	4:37	29	17:31	38	17:31	168.97	12:23:28	4:23	12	1:52:56	15	1:52:56