



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Abgehts09

□□□: 15:58:21

□□: 598

□□: 10.52 km/h

□□□□: 5:40 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 177 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 132(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:27:15	4:57	73	21:51	95	21:51	17.60	1:27:15	4:57	73	21:51	95	21:51
Schildwiese	18.58	1:19:37	4:17	19	13:48	30	13:48	36.18	2:46:52	4:36	30	35:39	43	35:39
Neuhaus	13.54	1:20:27	5:56	119	27:56	163	27:56	49.72	4:07:19	4:58	58	1:03:17	71	1:03:17
Masserberg	19.86	1:58:33	5:58	121	42:02	186	42:02	69.58	6:05:52	5:15	85	1:45:08	110	1:45:08
Allzunah	17.89	1:41:31	5:40	107	33:59	144	33:59	87.47	7:47:23	5:20	87	2:16:58	110	2:16:58
Grenzdler	19.96	1:44:02	5:12	103	29:48	147	29:48	107.43	9:31:25	5:19	95	2:42:55	121	2:42:55
Neue Ausspanne	13.68	1:19:32	5:48	118	30:28	163	30:28	121.11	10:50:57	5:22	101	3:13:23	125	3:13:23
Kleiner Inselsber	13.90	1:38:25	7:04	142	49:09	221	49:09	135.01	12:29:22	5:33	120	3:59:02	157	3:59:02
Hohe Sonne	18.94	2:09:51	6:51	141	1:03:22	219	1:03:22	153.95	14:39:13	5:42	132	5:00:34	184	5:00:34
Hörschel	15.02	1:19:08	5:16	78	27:15	104	27:15	168.97	15:58:21	5:40	132	5:27:49	178	5:27:49