



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Die Germaniasprinter

□□□: 15:55:57

□□: 154

□□: 10.54 km/h
□□□□: 5:40 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 175 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 130(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|-----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.60 | 1:25:01 | 4:49 | 50 | 19:37 | 69 | 19:37 | 17.60 | 1:25:01 | 4:49 | 50 | 19:37 | 69 | 19:37 |
| Schildwiese | 18.58 | 1:45:18 | 5:40 | 133 | 39:29 | 191 | 39:29 | 36.18 | 3:10:19 | 5:15 | 106 | 59:06 | 137 | 59:06 |
| Neuhaus | 13.54 | 1:07:25 | 4:58 | 45 | 14:54 | 52 | 14:54 | 49.72 | 4:17:44 | 5:11 | 86 | 1:13:42 | 107 | 1:13:42 |
| Masserberg | 19.86 | 2:06:05 | 6:20 | 136 | 49:34 | 214 | 49:34 | 69.58 | 6:23:49 | 5:30 | 116 | 2:03:05 | 150 | 2:03:05 |
| Allzunah | 17.89 | 1:57:06 | 6:32 | 140 | 49:34 | 217 | 49:34 | 87.47 | 8:20:55 | 5:43 | 133 | 2:50:30 | 184 | 2:50:30 |
| Grenzdler | 19.96 | 1:40:28 | 5:02 | 85 | 26:14 | 119 | 26:14 | 107.43 | 10:01:23 | 5:35 | 129 | 3:12:53 | 177 | 3:12:53 |
| Neue Ausspanne | 13.68 | 1:27:51 | 6:25 | 140 | 38:47 | 206 | 38:47 | 121.11 | 11:29:14 | 5:41 | 133 | 3:51:40 | 183 | 3:51:40 |
| Kleiner Inselsber | 13.90 | 1:11:15 | 5:07 | 64 | 21:59 | 81 | 21:59 | 135.01 | 12:40:29 | 5:37 | 129 | 4:10:09 | 171 | 4:10:09 |
| Hohe Sonne | 18.94 | 1:44:16 | 5:30 | 106 | 37:47 | 157 | 37:47 | 153.95 | 14:24:45 | 5:37 | 127 | 4:46:06 | 174 | 4:46:06 |
| Hörschel | 15.02 | 1:31:12 | 6:04 | 129 | 39:19 | 189 | 39:19 | 168.97 | 15:55:57 | 5:39 | 130 | 5:25:25 | 176 | 5:25:25 |