



# 20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Laufteam One Hirschvogel 2

□□□: 15:58:53

□□: 534

□□: 10.51 km/h  
□□□□: 5:40 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 179 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 133(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:21:24	4:37	28	16:00	40	16:00	17.60	1:21:24	4:37	28	16:00	40	16:00
Schildwiese	18.58	1:41:06	5:26	120	35:17	164	35:17	36.18	3:02:30	5:02	86	51:17	110	51:17
Neuhaus	13.54	1:16:39	5:39	100	24:08	128	24:08	49.72	4:19:09	5:12	91	1:15:07	113	1:15:07
Masserberg	19.86	2:19:06	7:00	143	1:02:35	226	1:02:35	69.58	6:38:15	5:43	133	2:17:31	187	2:17:31
Allzunah	17.89	1:28:44	4:57	47	21:12	64	21:12	87.47	8:06:59	5:34	120	2:36:34	158	2:36:34
Grenzdler	19.96	1:52:18	5:37	129	38:04	193	38:04	107.43	9:59:17	5:34	127	3:10:47	174	3:10:47
Neue Ausspanne	13.68	1:20:02	5:51	119	30:58	165	30:58	121.11	11:19:19	5:36	129	3:41:45	169	3:41:45
Kleiner Inselsber	13.90	1:40:35	7:14	143	51:19	224	51:19	135.01	12:59:54	5:46	139	4:29:34	194	4:29:34
Hohe Sonne	18.94	1:59:56	6:19	135	53:27	209	53:27	153.95	14:59:50	5:50	140	5:21:11	201	5:21:11
Hörschel	15.02	59:03	3:55	7	7:10	8	7:10	168.97	15:58:53	5:40	133	5:28:21	180	5:28:21