



# 20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Annakram

□□□: 16:46:35

□□: 211

□□: 10.01 km/h

□□□□: 5:58 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 214 (of 228)

□□□□□□: 10:30:32

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□□□□□: 145(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:31:58	5:13	106	26:34	141	26:34	17.60	1:31:58	5:13	106	26:34	141	26:34
Schildwiese	18.58	1:43:15	5:33	125	37:26	176	37:26	36.18	3:15:13	5:23	121	1:04:00	161	1:04:00
Neuhaus	13.54	1:37:19	7:11	144	44:48	224	44:48	49.72	4:52:32	5:53	142	1:48:30	207	1:48:30
Masserberg	19.86	1:48:50	5:28	100	32:19	144	32:19	69.58	6:41:22	5:46	136	2:20:38	194	2:20:38
Allzunah	17.89	2:10:05	7:16	145	1:02:33	228	1:02:33	87.47	8:51:27	6:04	145	3:21:02	219	3:21:02
Grenzdler	19.96	1:47:33	5:23	116	33:19	168	33:19	107.43	10:39:00	5:56	144	3:50:30	215	3:50:30
Neue Ausspanne	13.68	1:16:29	5:35	103	27:25	131	27:25	121.11	11:55:29	5:54	144	4:17:55	212	4:17:55
Kleiner Inselsber	13.90	1:21:12	5:50	120	31:56	170	31:56	135.01	13:16:41	5:54	143	4:46:21	207	4:46:21
Hohe Sonne	18.94	2:07:19	6:43	140	1:00:50	217	1:00:50	153.95	15:24:00	6:00	145	5:45:21	216	5:45:21
Hörschel	15.02	1:22:35	5:29	94	30:42	130	30:42	168.97	16:46:35	5:57	145	6:16:03	215	6:16:03