



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

□□□□

mein Lieblingsteam

□□□: 13:23:34

□□: 500

□□: 12.62 km/h
□□□□: 4:46 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 30 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 7(of 70)

Mixstaffel

□□□□□□□: 11:22:39

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:20:52 | 4:35 | 11 | 11:07 | 37 | 15:28 | 17.60 | 1:20:52 | 4:35 | 11 | 11:07 | 229 | 15:28 |
| Schildwiese | 18.58 | 1:19:08 | 4:15 | 9 | 7:19 | 27 | 13:19 | 36.18 | 2:40:00 | 4:25 | 7 | 16:51 | 216 | 28:47 |
| Neuhaus | 13.54 | 1:20:38 | 5:57 | 39 | 21:36 | 164 | 28:07 | 49.72 | 4:00:38 | 4:50 | 8 | 37:10 | 229 | 56:36 |
| Masserberg | 19.86 | 1:25:33 | 4:18 | 5 | 6:55 | 17 | 9:02 | 69.58 | 5:26:11 | 4:41 | 7 | 42:31 | 229 | 1:05:27 |
| Allzunah | 17.89 | 1:22:21 | 4:36 | 7 | 11:07 | 29 | 14:49 | 87.47 | 6:48:32 | 4:40 | 6 | 46:54 | 229 | 1:18:07 |
| Grenzdler | 19.96 | 1:22:48 | 4:08 | 5 | 6:43 | 19 | 8:34 | 107.43 | 8:11:20 | 4:34 | 5 | 51:58 | 229 | 1:22:50 |
| Neue Ausspanne | 13.68 | 1:04:40 | 4:43 | 4 | 6:44 | 39 | 15:36 | 121.11 | 9:16:00 | 4:35 | 5 | 58:42 | 229 | 1:38:26 |
| Kleiner Inselsber | 13.90 | 1:06:48 | 4:48 | 8 | 10:42 | 49 | 17:32 | 135.01 | 10:22:48 | 4:36 | 5 | 1:09:24 | 229 | 1:52:28 |
| Hohe Sonne | 18.94 | 1:41:26 | 5:21 | 40 | 32:37 | 137 | 34:57 | 153.95 | 12:04:14 | 4:42 | 6 | 1:42:01 | 229 | 2:25:35 |
| Hörschel | 15.02 | 1:19:20 | 5:16 | 24 | 21:55 | 106 | 27:27 | 168.97 | 13:23:34 | 4:45 | 7 | 2:00:55 | 30 | 2:53:02 |