



# 20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

□□□□

mein Lieblingsteam

□□□: 13:23:34

□□: 500

□□: 12.54 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	-	-	□□□	□□□	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