



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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König Ludwig und sein Gefolge

□□□: 16:20:46

□□: 172

□□: 10.28 km/h

□□□□: 5:48 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 197 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 140(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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|-------------------|-------|---------|--------|-----|---------|-----|---------|--------|----------|--------|-----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.60 | 1:29:16 | 5:04 | 84 | 23:52 | 111 | 23:52 | 17.60 | 1:29:16 | 5:04 | 84 | 23:52 | 111 | 23:52 |
| Schildwiese | 18.58 | 1:46:09 | 5:42 | 135 | 40:20 | 195 | 40:20 | 36.18 | 3:15:25 | 5:24 | 122 | 1:04:12 | 162 | 1:04:12 |
| Neuhaus | 13.54 | 1:15:51 | 5:36 | 96 | 23:20 | 122 | 23:20 | 49.72 | 4:31:16 | 5:27 | 112 | 1:27:14 | 143 | 1:27:14 |
| Masserberg | 19.86 | 2:05:50 | 6:20 | 135 | 49:19 | 213 | 49:19 | 69.58 | 6:37:06 | 5:42 | 132 | 2:16:22 | 186 | 2:16:22 |
| Allzunah | 17.89 | 1:34:35 | 5:17 | 76 | 27:03 | 102 | 27:03 | 87.47 | 8:11:41 | 5:37 | 124 | 2:41:16 | 166 | 2:41:16 |
| Grenzdler | 19.96 | 1:45:08 | 5:16 | 107 | 30:54 | 154 | 30:54 | 107.43 | 9:56:49 | 5:33 | 122 | 3:08:19 | 166 | 3:08:19 |
| Neue Ausspanne | 13.68 | 1:27:30 | 6:23 | 139 | 38:26 | 205 | 38:26 | 121.11 | 11:24:19 | 5:39 | 132 | 3:46:45 | 179 | 3:46:45 |
| Kleiner Inselsber | 13.90 | 1:18:22 | 5:38 | 110 | 29:06 | 143 | 29:06 | 135.01 | 12:42:41 | 5:38 | 131 | 4:12:21 | 176 | 4:12:21 |
| Hohe Sonne | 18.94 | 2:11:14 | 6:55 | 144 | 1:04:45 | 222 | 1:04:45 | 153.95 | 14:53:55 | 5:48 | 137 | 5:15:16 | 195 | 5:15:16 |
| Hörschel | 15.02 | 1:26:51 | 5:46 | 113 | 34:58 | 164 | 34:58 | 168.97 | 16:20:46 | 5:48 | 140 | 5:50:14 | 198 | 5:50:14 |