



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Die durstigsten 10 vom ASV Erfurt

□□□: 17:30:51

□□: 551

□□: 9.59 km/h

□□□□: 6:13 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 223 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 66(of 70)

Mixstaffel

□□□□□□□: 11:22:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:50:01	6:15	62	40:16	217	44:37	17.60	1:50:01	6:15	62	40:16	229	44:37
Schildwiese	18.58	2:09:25	6:57	70	57:36	227	1:03:36	36.18	3:59:26	6:37	69	1:36:17	229	1:48:13
Neuhaus	13.54	1:29:29	6:36	63	30:27	214	36:58	49.72	5:28:55	6:36	69	2:05:27	229	2:24:53
Masserberg	19.86	2:17:05	6:54	70	58:27	224	1:00:34	69.58	7:46:00	6:41	70	3:02:20	229	3:25:16
Allzunah	17.89	1:34:56	5:18	25	23:42	106	27:24	87.47	9:20:56	6:24	69	3:19:18	229	3:50:31
Grenzdler	19.96	1:33:09	4:40	16	17:04	61	18:55	107.43	10:54:05	6:05	65	3:34:43	229	4:05:35
Neue Ausspanne	13.68	1:12:56	5:19	14	15:00	101	23:52	121.11	12:07:01	6:00	64	3:49:43	229	4:29:27
Kleiner Inselsber	13.90	1:34:20	6:47	65	38:14	217	45:04	135.01	13:41:21	6:05	66	4:27:57	229	5:11:01
Hohe Sonne	18.94	2:09:27	6:50	66	1:00:38	218	1:02:58	153.95	15:50:48	6:10	66	5:28:35	229	6:12:09
Hörschel	15.02	1:40:03	6:39	64	42:38	217	48:10	168.97	17:30:51	6:13	67	6:08:12	224	7:00:19