



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Werratal Runners

□□□: 12:26:13

□□: 188

□□: 13.51 km/h

□□□□: 4:25 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 16 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 13(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:21:49	4:38	29	16:25	42	16:25	17.60	1:21:49	4:38	29	16:25	42	16:25
Schildwiese	18.58	1:24:16	4:32	32	18:27	46	18:27	36.18	2:46:05	4:35	27	34:52	40	34:52
Neuhaus	13.54	1:02:48	4:38	21	10:17	23	10:17	49.72	3:48:53	4:36	21	44:51	26	44:51
Masserberg	19.86	1:31:54	4:37	26	15:23	36	15:23	69.58	5:20:47	4:36	18	1:00:03	23	1:00:03
Allzunah	17.89	1:12:56	4:04	6	5:24	7	5:24	87.47	6:33:43	4:30	15	1:03:18	19	1:03:18
Grenzdler	19.96	1:14:49	3:44	2	0:35	2	0:35	107.43	7:48:32	4:21	11	1:00:02	14	1:00:02
Neue Ausspanne	13.68	56:42	4:08	13	7:38	13	7:38	121.11	8:45:14	4:20	10	1:07:40	11	1:07:40
Kleiner Inselsber	13.90	59:41	4:17	15	10:25	19	10:25	135.01	9:44:55	4:19	10	1:14:35	11	1:14:35
Hohe Sonne	18.94	1:28:10	4:39	29	21:41	43	21:41	153.95	11:13:05	4:22	11	1:34:26	13	1:34:26
Hörschel	15.02	1:13:08	4:52	44	21:15	60	21:15	168.97	12:26:13	4:24	13	1:55:41	16	1:55:41