



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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LTV Erfurt Montagsgruppe

□□□: 13:33:46

□□: 2

□□: 12.39 km/h

□□□□: 4:49 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 38 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 3(of 13)

Frauenstaffel

□□□□□□□: 12:58:05

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:31:45	5:12	4	7:48	138	26:21	17.60	1:31:45	5:12	4	7:48	229	26:21
Schildwiese	18.58	1:27:15	4:41	2	9:21	65	21:26	36.18	2:59:00	4:56	3	13:26	229	47:47
Neuhaus	13.54	1:08:41	5:04	4	4:56	63	16:10	49.72	4:07:41	4:58	3	16:05	229	1:03:39
Masserberg	19.86	1:37:55	4:55	2	0:39	62	21:24	69.58	5:45:36	4:58	3	14:32	229	1:24:52
Allzunah	17.89	1:32:50	5:11	3	9:07	88	25:18	87.47	7:18:26	5:00	3	23:39	229	1:48:01
Grenzdler	19.96	1:30:51	4:33	2	0:12	51	16:37	107.43	8:49:17	4:55	3	23:13	229	2:00:47
Neue Ausspanne	13.68	1:06:37	4:52	3	4:55	59	17:33	121.11	9:55:54	4:55	3	28:08	229	2:18:20
Kleiner Inselsber	13.90	57:57	4:10	2	2:00	11	8:41	135.01	10:53:51	4:50	3	27:11	229	2:23:31
Hohe Sonne	18.94	1:32:07	4:51	3	9:00	65	25:38	153.95	12:25:58	4:50	3	36:11	229	2:47:19
Hörschel	15.02	1:07:48	4:30	1	-	30	15:55	168.97	13:33:46	4:48	3	35:41	38	3:03:14