



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Run For The Kids

□□□: 12:43:34

□□: 201

□□: 13.20 km/h

□□□□: 4:31 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 17 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 14(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.60	1:15:32	4:17	12	10:08	16	10:08	17.60	1:15:32	4:17	12	10:08	16	10:08
Schildwiese	18.58	1:19:10	4:15	18	13:21	29	13:21	36.18	2:34:42	4:16	12	23:29	17	23:29
Neuhaus	13.54	1:10:27	5:12	65	17:56	78	17:56	49.72	3:45:09	4:31	17	41:07	22	41:07
Masserberg	19.86	1:20:46	4:04	6	4:15	8	4:15	69.58	5:05:55	4:23	12	45:11	16	45:11
Allzunah	17.89	1:27:16	4:52	38	19:44	55	19:44	87.47	6:33:11	4:29	14	1:02:46	18	1:02:46
Grenzdler	19.96	1:19:56	4:00	11	5:42	12	5:42	107.43	7:53:07	4:24	13	1:04:37	16	1:04:37
Neue Ausspanne	13.68	1:05:21	4:46	43	16:17	48	16:17	121.11	8:58:28	4:26	15	1:20:54	19	1:20:54
Kleiner Inselsber	13.90	1:03:35	4:34	27	14:19	33	14:19	135.01	10:02:03	4:27	15	1:31:43	19	1:31:43
Hohe Sonne	18.94	1:28:53	4:41	31	22:24	46	22:24	153.95	11:30:56	4:29	15	1:52:17	18	1:52:17
Hörschel	15.02	1:12:38	4:50	40	20:45	54	20:45	168.97	12:43:34	4:31	14	2:13:02	17	2:13:02