



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Rennsteiglaufverein / USV Erfurt

□□□: 10:37:29

□□: 190

□□: 15.81 km/h

□□□□: 3:46 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 3 (of 228)

□□□□□□: 10:30:32

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□□□□□: 3(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:09:23	3:56	5	3:59	5	3:59	17.60	1:09:23	3:56	5	3:59	5	3:59
Schildwiese	18.58	1:06:40	3:35	2	0:51	2	0:51	36.18	2:16:03	3:45	3	4:50	3	4:50
Neuhaus	13.54	53:55	3:58	4	1:24	4	1:24	49.72	3:09:58	3:49	3	5:56	3	5:56
Masserberg	19.86	1:20:51	4:04	7	4:20	9	4:20	69.58	4:30:49	3:53	3	10:05	3	10:05
Allzunah	17.89	1:07:37	3:46	2	0:05	2	0:05	87.47	5:38:26	3:52	3	8:01	3	8:01
Grenzadler	19.96	1:14:14	3:43	1	-	1	-	107.43	6:52:40	3:50	3	4:10	3	4:10
Neue Ausspanne	13.68	50:00	3:39	3	0:56	3	0:56	121.11	7:42:40	3:49	3	5:06	3	5:06
Kleiner Inselsber	13.90	49:16	3:32	1	-	1	-	135.01	8:31:56	3:47	2	1:36	2	1:36
Hohe Sonne	18.94	1:12:37	3:50	4	6:08	5	6:08	153.95	9:44:33	3:47	3	5:54	3	5:54
Hörschel	15.02	52:56	3:31	2	1:03	2	1:03	168.97	10:37:29	3:46	3	6:57	3	6:57