



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Logistikkommando der Bundeswehr **ERFURT** 15:51

□□: 126

□□: 168.97 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□: 12.67 km/h

□□□□: 4:43 min/km

□□□□□: 24 (of 228)

□□□□□□: 10:30:32

□□□□□: 17(of 145)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.60	1:23:36	4:44	42	18:12	59	18:12	17.60	1:23:36	4:44	42	18:12	59	18:12
Schildwiese	18.58	1:28:13	4:44	59	22:24	78	22:24	36.18	2:51:49	4:44	40	40:36	54	40:36
Neuhaus	13.54	1:03:09	4:39	22	10:38	24	10:38	49.72	3:54:58	4:43	27	50:56	34	50:56
Masserberg	19.86	1:27:54	4:25	14	11:23	22	11:23	69.58	5:22:52	4:38	21	1:02:08	26	1:02:08
Allzunah	17.89	1:25:21	4:46	28	17:49	41	17:49	87.47	6:48:13	4:40	18	1:17:48	23	1:17:48
Grenzadler	19.96	1:31:20	4:34	39	17:06	55	17:06	107.43	8:19:33	4:39	20	1:31:03	27	1:31:03
Neue Ausspanne	13.68	1:01:59	4:31	26	12:55	29	12:55	121.11	9:21:32	4:38	19	1:43:58	24	1:43:58
Kleiner Inselsber	13.90	1:05:31	4:42	32	16:15	42	16:15	135.01	10:27:03	4:38	20	1:56:43	26	1:56:43
Hohe Sonne	18.94	1:32:38	4:53	47	26:09	72	26:09	153.95	11:59:41	4:40	19	2:21:02	26	2:21:02
Hörschel	15.02	1:16:10	5:04	62	24:17	83	24:17	168.97	13:15:51	4:42	17	2:45:19	24	2:45:19