



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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SWV Goldlauter-Heidersbach

□□□: 13:28:37

□□: 145

□□: 12.47 km/h

□□□□: 4:47 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 33 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 24(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:25:48	4:52	54	20:24	73	20:24	17.60	1:25:48	4:52	54	20:24	73	20:24
Schildwiese	18.58	1:31:54	4:56	73	26:05	97	26:05	36.18	2:57:42	4:54	66	46:29	84	46:29
Neuhaus	13.54	1:00:19	4:27	12	7:48	13	7:48	49.72	3:58:01	4:47	31	53:59	39	53:59
Masserberg	19.86	1:24:06	4:14	11	7:35	15	7:35	69.58	5:22:07	4:37	19	1:01:23	24	1:01:23
Allzunah	17.89	1:27:28	4:53	40	19:56	57	19:56	87.47	6:49:35	4:40	20	1:19:10	26	1:19:10
Grenzdler	19.96	1:28:37	4:26	25	14:23	35	14:23	107.43	8:18:12	4:38	19	1:29:42	26	1:29:42
Neue Ausspanne	13.68	58:33	4:16	17	9:29	18	9:29	121.11	9:16:45	4:35	18	1:39:11	23	1:39:11
Kleiner Inselsber	13.90	1:06:04	4:45	35	16:48	45	16:48	135.01	10:22:49	4:36	19	1:52:29	24	1:52:29
Hohe Sonne	18.94	1:33:41	4:56	53	27:12	80	27:12	153.95	11:56:30	4:39	17	2:17:51	23	2:17:51
Hörschel	15.02	1:32:07	6:07	133	40:14	194	40:14	168.97	13:28:37	4:47	24	2:58:05	33	2:58:05