



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Herzog Georg Nachtlauf-Team

□□□: 13:32:20

□□: 127

□□: 12.41 km/h

□□□□: 4:49 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 35 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 26(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.60	1:24:07	4:46	44	18:43	63	18:43	17.60	1:24:07	4:46	44	18:43	63	18:43
Schildwiese	18.58	1:25:27	4:35	35	19:38	50	19:38	36.18	2:49:34	4:41	33	38:21	47	38:21
Neuhaus	13.54	1:13:01	5:23	76	20:30	95	20:30	49.72	4:02:35	4:52	46	58:33	57	58:33
Masserberg	19.86	1:29:26	4:30	19	12:55	28	12:55	69.58	5:32:01	4:46	29	1:11:17	38	1:11:17
Allzunah	17.89	1:28:48	4:57	48	21:16	65	21:16	87.47	7:00:49	4:48	30	1:30:24	39	1:30:24
Grenzdler	19.96	1:20:53	4:03	14	6:39	17	6:39	107.43	8:21:42	4:40	23	1:33:12	30	1:33:12
Neue Ausspanne	13.68	1:16:51	5:37	108	27:47	139	27:47	121.11	9:38:33	4:46	29	2:00:59	38	2:00:59
Kleiner Inselsber	13.90	1:11:57	5:10	67	22:41	84	22:41	135.01	10:50:30	4:49	30	2:20:10	38	2:20:10
Hohe Sonne	18.94	1:32:23	4:52	44	25:54	68	25:54	153.95	12:22:53	4:49	29	2:44:14	38	2:44:14
Hörschel	15.02	1:09:27	4:37	30	17:34	39	17:34	168.97	13:32:20	4:48	26	3:01:48	35	3:01:48