



# 20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Trefffurter Sperrrachen

□□□: 13:53:31

□□: 117

□□: 12.09 km/h

□□□□: 4:56 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 50 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 38(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:25:29	4:51	53	20:05	72	20:05	17.60	1:25:29	4:51	53	20:05	72	20:05
Schildwiese	18.58	1:25:33	4:36	36	19:44	51	19:44	36.18	2:51:02	4:43	36	39:49	50	39:49
Neuhaus	13.54	1:07:05	4:57	41	14:34	48	14:34	49.72	3:58:07	4:47	32	54:05	40	54:05
Masserberg	19.86	1:52:49	5:40	109	36:18	160	36:18	69.58	5:50:56	5:02	61	1:30:12	77	1:30:12
Allzunah	17.89	1:17:07	4:18	11	9:35	12	9:35	87.47	7:08:03	4:53	35	1:37:38	46	1:37:38
Grenzadler	19.96	1:44:37	5:14	104	30:23	151	30:23	107.43	8:52:40	4:57	43	2:04:10	57	2:04:10
Neue Ausspanne	13.68	1:07:12	4:54	53	18:08	62	18:08	121.11	9:59:52	4:57	44	2:22:18	57	2:22:18
Kleiner Inselsber	13.90	1:14:35	5:21	89	25:19	112	25:19	135.01	11:14:27	4:59	47	2:44:07	59	2:44:07
Hohe Sonne	18.94	1:25:40	4:31	20	19:11	33	19:11	153.95	12:40:07	4:56	40	3:01:28	52	3:01:28
Hörschel	15.02	1:13:24	4:53	45	21:31	61	21:31	168.97	13:53:31	4:55	38	3:22:59	50	3:22:59