



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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KS-SPORTSWORLD

□□□: 12:19:33

□□: 535

□□: 13.63 km/h
□□□□: 4:23 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 12 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 2(of 70)

Mixstaffel

□□□□□□□: 11:22:39

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|-------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.60 | 1:09:45 | 3:57 | 1 | - | 6 | 4:21 | 17.60 | 1:09:45 | 3:57 | 1 | - | 229 | 4:21 |
| Schildwiese | 18.58 | 1:20:27 | 4:19 | 12 | 8:38 | 34 | 14:38 | 36.18 | 2:30:12 | 4:09 | 2 | 7:03 | 229 | 18:59 |
| Neuhaus | 13.54 | 1:10:00 | 5:10 | 9 | 10:58 | 74 | 17:29 | 49.72 | 3:40:12 | 4:25 | 4 | 16:44 | 229 | 36:10 |
| Masserberg | 19.86 | 1:18:38 | 3:57 | 1 | - | 3 | 2:07 | 69.58 | 4:58:50 | 4:17 | 3 | 15:10 | 229 | 38:06 |
| Allzunah | 17.89 | 1:17:42 | 4:20 | 2 | 6:28 | 16 | 10:10 | 87.47 | 6:16:32 | 4:18 | 3 | 14:54 | 229 | 46:07 |
| Grenzadler | 19.96 | 1:27:06 | 4:21 | 9 | 11:01 | 32 | 12:52 | 107.43 | 7:43:38 | 4:18 | 3 | 24:16 | 229 | 55:08 |
| Neue Ausspanne | 13.68 | 1:04:39 | 4:43 | 3 | 6:43 | 38 | 15:35 | 121.11 | 8:48:17 | 4:21 | 2 | 30:59 | 229 | 1:10:43 |
| Kleiner Inselsber | 13.90 | 1:10:07 | 5:02 | 12 | 14:01 | 74 | 20:51 | 135.01 | 9:58:24 | 4:25 | 4 | 45:00 | 229 | 1:28:04 |
| Hohe Sonne | 18.94 | 1:15:42 | 3:59 | 3 | 6:53 | 8 | 9:13 | 153.95 | 11:14:06 | 4:22 | 3 | 51:53 | 229 | 1:35:27 |
| Hörschel | 15.02 | 1:05:27 | 4:21 | 5 | 8:02 | 22 | 13:34 | 168.97 | 12:19:33 | 4:22 | 2 | 56:54 | 12 | 1:49:01 |