



# 20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Oberland-Raketen

□□□: 14:13:26

□□: 121

□□: 11.81 km/h  
□□□□: 5:03 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 61 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 49(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:25:55	4:52	55	20:31	74	20:31	17.60	1:25:55	4:52	55	20:31	74	20:31
Schildwiese	18.58	1:33:41	5:02	86	27:52	116	27:52	36.18	2:59:36	4:57	75	48:23	96	48:23
Neuhaus	13.54	1:08:19	5:02	53	15:48	60	15:48	49.72	4:07:55	4:59	62	1:03:53	76	1:03:53
Masserberg	19.86	1:38:35	4:57	50	22:04	66	22:04	69.58	5:46:30	4:58	51	1:25:46	65	1:25:46
Allzunah	17.89	1:32:18	5:09	65	24:46	85	24:46	87.47	7:18:48	5:00	51	1:48:23	66	1:48:23
Grenzdler	19.96	1:38:41	4:56	74	24:27	104	24:27	107.43	8:57:29	5:00	50	2:08:59	64	2:08:59
Neue Ausspanne	13.68	1:11:37	5:14	75	22:33	91	22:33	121.11	10:09:06	5:01	51	2:31:32	66	2:31:32
Kleiner Inselsber	13.90	1:18:03	5:36	107	28:47	139	28:47	135.01	11:27:09	5:05	54	2:56:49	69	2:56:49
Hohe Sonne	18.94	1:36:28	5:05	70	29:59	98	29:59	153.95	13:03:37	5:05	56	3:24:58	71	3:24:58
Hörschel	15.02	1:09:49	4:38	32	17:56	41	17:56	168.97	14:13:26	5:03	49	3:42:54	61	3:42:54