



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Die flinken Gerataler I

□□□: 14:29:30

□□: 159

□□: 11.59 km/h
□□□□: 5:09 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 75 (of 228)

□□□□□□: 10:30:32

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□□□□□: 58(of 145)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:30:29	5:08	95	25:05	125	25:05	17.60	1:30:29	5:08	95	25:05	125	25:05
Schildwiese	18.58	1:30:08	4:51	65	24:19	89	24:19	36.18	3:00:37	4:59	81	49:24	103	49:24
Neuhaus	13.54	1:24:33	6:14	130	32:02	190	32:02	49.72	4:25:10	5:19	105	1:21:08	133	1:21:08
Masserberg	19.86	1:44:14	5:14	81	27:43	112	27:43	69.58	6:09:24	5:18	91	1:48:40	116	1:48:40
Allzunah	17.89	1:38:52	5:31	99	31:20	132	31:20	87.47	7:48:16	5:21	90	2:17:51	113	2:17:51
Grenzdler	19.96	1:38:01	4:54	72	23:47	102	23:47	107.43	9:26:17	5:16	88	2:37:47	110	2:37:47
Neue Ausspanne	13.68	1:01:33	4:29	24	12:29	26	12:29	121.11	10:27:50	5:11	70	2:50:16	88	2:50:16
Kleiner Inselsber	13.90	1:22:35	5:56	124	33:19	179	33:19	135.01	11:50:25	5:15	79	3:20:05	97	3:20:05
Hohe Sonne	18.94	1:36:37	5:06	73	30:08	102	30:08	153.95	13:27:02	5:14	80	3:48:23	98	3:48:23
Hörschel	15.02	1:02:28	4:09	12	10:35	14	10:35	168.97	14:29:30	5:08	58	3:58:58	75	3:58:58