



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

0000

FC Deutsche Post 1

000: 12:20:03

00: 606

00: 13.70 km/h

0000: 4:23 min/km

00: 168.97 km

Blankenstein-Hörschel

00000: 13 (of 228)

000000: 10:30:32

0000:

00000: 3(of 70)

Mixstaffel

0000000: 11:22:39

0000

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Grumbach	17.60	1:13:14	4:09	3	3:29	10	7:50	17.60	1:13:14	4:09	3	3:29	229	7:50
Schildwiese	18.58	1:17:54	4:11	8	6:05	23	12:05	36.18	2:31:08	4:10	3	7:59	229	19:55
Neuhaus	13.54	1:06:05	4:52	4	7:03	40	13:34	49.72	3:37:13	4:22	3	13:45	229	33:11
Masserberg	19.86	1:27:35	4:24	7	8:57	20	11:04	69.58	5:04:48	4:22	4	21:08	229	44:04
Allzunah	17.89	1:18:24	4:22	4	7:10	19	10:52	87.47	6:23:12	4:22	4	21:34	229	52:47
Grenzdler	19.96	1:20:12	4:01	3	4:07	14	5:58	107.43	7:43:24	4:18	2	24:02	229	54:54
Neue Ausspanne	13.68	1:05:39	4:47	5	7:43	52	16:35	121.11	8:49:03	4:22	3	31:45	229	1:11:29
Kleiner Inselsber	13.90	1:04:58	4:40	5	8:52	38	15:42	135.01	9:54:01	4:23	2	40:37	229	1:23:41
Hohe Sonne	18.94	1:17:23	4:05	6	8:34	13	10:54	153.95	11:11:24	4:21	2	49:11	229	1:32:45
Hörschel	15.02	1:08:39	4:34	6	11:14	35	16:46	168.97	12:20:03	4:22	3	57:24	13	1:49:31