



20. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 23.06.2018

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Laufwerk Sömmerda

□□□: 14:31:05

□□: 107

□□: 11.57 km/h

□□□□: 5:10 min/km

□□: 168.97 km

Blankenstein-Hörschel

□□□□□: 76 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 59(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:30:15	5:07	94	24:51	122	24:51	17.60	1:30:15	5:07	94	24:51	122	24:51
Schildwiese	18.58	1:26:11	4:38	40	20:22	56	20:22	36.18	2:56:26	4:52	59	45:13	77	45:13
Neuhaus	13.54	1:07:01	4:56	40	14:30	47	14:30	49.72	4:03:27	4:53	49	59:25	60	59:25
Masserberg	19.86	1:45:47	5:19	88	29:16	121	29:16	69.58	5:49:14	5:01	56	1:28:30	70	1:28:30
Allzunah	17.89	1:35:58	5:21	86	28:26	114	28:26	87.47	7:25:12	5:05	62	1:54:47	78	1:54:47
Grenzdler	19.96	1:47:23	5:22	114	33:09	165	33:09	107.43	9:12:35	5:08	67	2:24:05	85	2:24:05
Neue Ausspanne	13.68	1:16:03	5:33	100	26:59	127	26:59	121.11	10:28:38	5:11	71	2:51:04	89	2:51:04
Kleiner Inselsber	13.90	58:49	4:13	10	9:33	13	9:33	135.01	11:27:27	5:05	55	2:57:07	70	2:57:07
Hohe Sonne	18.94	1:35:34	5:02	67	29:05	95	29:05	153.95	13:03:01	5:05	53	3:24:22	68	3:24:22
Hörschel	15.02	1:28:04	5:51	120	36:11	173	36:11	168.97	14:31:05	5:09	59	4:00:33	76	4:00:33