



20. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 23.06.2018

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Thüringer Allgemeine

□□□: 14:35:54

□□: 195

□□: 11.51 km/h

□□□□: 5:11 min/km

□□: 168.97 km

Blankenstein-Hirschel

□□□□□: 83 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 65(of 145)

Männerstaffel

□□□□□□□: 10:30:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.60	1:24:46	4:48	49	19:22	68	19:22	17.60	1:24:46	4:48	49	19:22	68	19:22
Schildwiese	18.58	1:32:55	5:00	81	27:06	110	27:06	36.18	2:57:41	4:54	65	46:28	83	46:28
Neuhaus	13.54	1:07:50	5:00	49	15:19	56	15:19	49.72	4:05:31	4:56	53	1:01:29	65	1:01:29
Masserberg	19.86	1:44:52	5:16	86	28:21	119	28:21	69.58	5:50:23	5:02	60	1:29:39	75	1:29:39
Allzunah	17.89	1:33:44	5:14	73	26:12	96	26:12	87.47	7:24:07	5:04	61	1:53:42	76	1:53:42
Grenzdler	19.96	1:46:55	5:21	110	32:41	161	32:41	107.43	9:11:02	5:07	66	2:22:32	83	2:22:32
Neue Ausspanne	13.68	1:21:18	5:56	125	32:14	171	32:14	121.11	10:32:20	5:13	77	2:54:46	95	2:54:46
Kleiner Inselsber	13.90	1:11:05	5:06	62	21:49	79	21:49	135.01	11:43:25	5:12	73	3:13:05	91	3:13:05
Hohe Sonne	18.94	1:36:34	5:05	71	30:05	100	30:05	153.95	13:19:59	5:11	73	3:41:20	90	3:41:20
Hirschel	15.02	1:15:55	5:03	61	24:02	82	24:02	168.97	14:35:54	5:11	65	4:05:22	83	4:05:22