



# 16. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 21.06.2014

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HELIOS Team Erfurt

□□□: 16:34:45

□□: 175

□□: 10.31 km/h

□□□□: 5:49 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 210 (of 228)

□□□□□□: 10:18:21

□□□□:

□□□□□: 133(of 138)

Männerstaffel

□□□□□□□: 10:18:21

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| □□□      | □□ | □□      | □□     | □□  | □□    | □□  | □□    | □□□    | □□□      | □□□    | □□  | □□      | □□  | □□      |
|----------|----|---------|--------|-----|-------|-----|-------|--------|----------|--------|-----|---------|-----|---------|
|          | km | □□      | min/km | -   | -     | □□□ | □□□   | km     | □□       | min/km | -   | -       | □□□ | □□□     |
| □□□      | -  | 1:19:32 | -      | 35  | 16:51 | 45  | 16:51 | -      | 1:19:32  | -      | 137 | 16:51   | 224 | 16:51   |
| □□□      | -  | 1:48:50 | -      | 121 | 43:10 | 191 | 43:10 | -      | 3:08:22  | -      | 137 | 57:20   | 224 | 57:20   |
| □□□      | -  | 1:43:57 | -      | 134 | 44:01 | 208 | 44:01 | -      | 4:52:19  | -      | 137 | 1:41:21 | 224 | 1:41:21 |
| □□□      | -  | 1:44:44 | -      | 126 | 41:49 | 201 | 41:49 | -      | 6:37:03  | -      | 137 | 2:22:36 | 224 | 2:22:36 |
| □□□      | -  | 1:48:43 | -      | 127 | 44:34 | 191 | 44:34 | -      | 8:25:46  | -      | 137 | 3:07:10 | 224 | 3:07:10 |
| □□□      | -  | 1:46:05 | -      | 99  | 37:06 | 152 | 37:06 | -      | 10:11:51 | -      | 137 | 3:36:31 | 224 | 3:36:31 |
| □□□      | -  | 1:20:43 | -      | 122 | 30:20 | 176 | 30:32 | -      | 11:32:34 | -      | 137 | 4:06:39 | 224 | 4:06:39 |
| □□□      | -  | 1:19:43 | -      | 115 | 29:15 | 158 | 29:15 | -      | 12:52:17 | -      | 137 | 4:34:55 | 224 | 4:34:55 |
| □□□      | -  | 2:04:14 | -      | 136 | 53:49 | 222 | 55:27 | -      | 14:56:31 | -      | 137 | 5:28:24 | 224 | 5:28:24 |
| Hörschel | -  | 1:38:14 | -      | 134 | 48:00 | 220 | 48:00 | 171.30 | 16:34:45 | -      | 133 | 6:16:24 | 210 | 6:16:24 |