



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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OSKAR

□□: 68

□□: 168.50 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 14:21:10

□□: 11.71 km/h

□□□□: 5:07 min/km

□□□□□: 88 (of 230)

□□□□□□: 10:28:35

□□□□□: 71(of 144)

□□□□□□□: 10:28:35

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.00	1:30:20	5:18	74	23:35	106	23:35	17.00	1:30:20	5:18	74	23:35	106	23:35
Schildwiese	19.20	1:34:42	4:55	94	28:32	129	28:32	36.20	3:05:02	5:06	83	49:53	109	49:53
Neuhaus	16.00	1:21:42	5:06	53	22:20	64	22:20	52.20	4:26:44	5:06	72	1:11:16	92	1:11:16
Masserberg	17.30	1:30:17	5:13	89	25:49	115	27:11	69.50	5:57:01	5:08	75	1:35:10	96	1:35:10
Allzunah	17.90	1:26:05	4:48	44	20:14	53	20:14	87.40	7:23:06	5:04	65	1:51:28	80	1:51:28
Grenzdler	20.00	1:47:07	5:21	115	35:59	174	37:20	107.40	9:10:13	5:07	76	2:24:25	96	2:24:25
Neue Ausspanne	13.40	1:18:23	5:50	116	29:33	158	29:33	120.80	10:28:36	5:12	84	2:51:46	102	2:51:46
Kleiner Inselsber	13.90	1:11:38	5:09	63	18:47	79	18:47	134.70	11:40:14	5:11	81	3:09:59	100	3:09:59
Hohe Sonne	18.80	1:30:32	4:48	57	22:13	77	22:13	153.50	13:10:46	5:09	75	3:31:19	93	3:31:19
Hörschel	15.00	1:10:24	4:41	58	21:18	69	21:18	168.50	14:21:10	5:06	72	3:52:35	89	3:52:35