



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Sport Luck Ladies

□□□: 12:48:16

□□: 37

□□: 13.12 km/h
□□□□: 4:34 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 24 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 1(of 13)

Frauenstaffel

□□□□□□□: 12:48:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:22:22	4:50	1	-	50	15:37	17.00	1:22:22	4:50	1	-	231	15:37
Schildwiese	19.20	1:20:54	4:12	1	-	34	14:44	36.20	2:43:16	4:30	1	-	34	28:07
Neuhaus	16.00	1:07:08	4:11	1	-	7	7:46	52.20	3:50:24	4:24	1	-	231	34:56
Masserberg	17.30	1:18:50	4:33	1	-	33	15:44	69.50	5:09:14	4:26	1	-	231	47:23
Allzunah	17.90	1:18:13	4:22	1	-	21	12:22	87.40	6:27:27	4:25	1	-	231	55:49
Grenzdler	20.00	1:23:49	4:11	1	-	29	14:02	107.40	7:51:16	4:23	1	-	231	1:05:28
Neue Ausspanne	13.40	1:06:49	4:59	3	11:13	72	17:59	120.80	8:58:05	4:27	1	-	231	1:21:15
Kleiner Inselsber	13.90	1:12:33	5:13	3	9:18	91	19:42	134.70	10:10:38	4:31	1	-	231	1:40:23
Hohe Sonne	18.80	1:35:47	5:05	2	8:17	117	27:28	153.50	11:46:25	4:36	1	-	231	2:06:58
Hörschel	15.00	1:01:51	4:07	1	-	17	12:45	168.50	12:48:16	4:33	1	-	25	2:19:41