



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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FC Deutsche Post Männer

□□□: 11:52:20

□□: 3

□□: 14.19 km/h
□□□□: 4:14 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 10 (of 230)

□□□□□□: 10:28:35

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□□□□□: 9(of 144)

Männerstaffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:18:44	4:37	21	11:59	27	11:59	17.00	1:18:44	4:37	21	11:59	27	11:59
Schildwiese	19.20	1:16:35	3:59	16	10:25	19	10:25	36.20	2:35:19	4:17	13	20:10	15	20:10
Neuhaus	16.00	1:06:23	4:08	5	7:01	5	7:01	52.20	3:41:42	4:14	7	26:14	8	26:14
Masserberg	17.30	1:16:41	4:25	18	12:13	21	13:35	69.50	4:58:23	4:17	9	36:32	11	36:32
Allzunah	17.90	1:18:52	4:24	17	13:01	22	13:01	87.40	6:17:15	4:18	9	45:37	10	45:37
Grenzdler	20.00	1:21:09	4:03	13	10:01	18	11:22	107.40	7:38:24	4:16	9	52:36	11	52:36
Neue Ausspanne	13.40	56:35	4:13	9	7:45	11	7:45	120.80	8:34:59	4:15	9	58:09	10	58:09
Kleiner Inselsber	13.90	1:02:02	4:27	17	9:11	19	9:11	134.70	9:37:01	4:17	10	1:06:46	11	1:06:46
Hohe Sonne	18.80	1:11:50	3:49	3	3:31	4	3:31	153.50	10:48:51	4:13	9	1:09:24	10	1:09:24
Hörschel	15.00	1:03:29	4:13	21	14:23	24	14:23	168.50	11:52:20	4:13	9	1:23:45	10	1:23:45