



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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PDV Power Runners

□□□: 15:45:31

□□: 10

□□: 10.66 km/h

□□□□: 5:37 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 167 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 128(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|-----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.00 | 1:44:40 | 6:09 | 132 | 37:55 | 200 | 37:55 | 17.00 | 1:44:40 | 6:09 | 132 | 37:55 | 200 | 37:55 |
| Schildwiese | 19.20 | 1:33:16 | 4:51 | 88 | 27:06 | 119 | 27:06 | 36.20 | 3:17:56 | 5:28 | 115 | 1:02:47 | 163 | 1:02:47 |
| Neuhaus | 16.00 | 1:37:09 | 6:04 | 125 | 37:47 | 182 | 37:47 | 52.20 | 4:55:05 | 5:39 | 130 | 1:39:37 | 179 | 1:39:37 |
| Masserberg | 17.30 | 1:21:40 | 4:43 | 45 | 17:12 | 51 | 18:34 | 69.50 | 6:16:45 | 5:25 | 105 | 1:54:54 | 137 | 1:54:54 |
| Allzunah | 17.90 | 1:37:01 | 5:25 | 96 | 31:10 | 124 | 31:10 | 87.40 | 7:53:46 | 5:25 | 110 | 2:22:08 | 138 | 2:22:08 |
| Grenzdler | 20.00 | 1:44:31 | 5:13 | 104 | 33:23 | 155 | 34:44 | 107.40 | 9:38:17 | 5:23 | 110 | 2:52:29 | 146 | 2:52:29 |
| Neue Ausspanne | 13.40 | 1:46:00 | 7:54 | 144 | 57:10 | 230 | 57:10 | 120.80 | 11:24:17 | 5:39 | 131 | 3:47:27 | 176 | 3:47:27 |
| Kleiner Inselsber | 13.90 | 1:14:12 | 5:20 | 83 | 21:21 | 106 | 21:21 | 134.70 | 12:38:29 | 5:37 | 126 | 4:08:14 | 169 | 4:08:14 |
| Hohe Sonne | 18.80 | 1:42:52 | 5:28 | 111 | 34:33 | 159 | 34:33 | 153.50 | 14:21:21 | 5:36 | 125 | 4:41:54 | 169 | 4:41:54 |
| Hörschel | 15.00 | 1:24:10 | 5:36 | 119 | 35:04 | 171 | 35:04 | 168.50 | 15:45:31 | 5:36 | 129 | 5:16:56 | 168 | 5:16:56 |