



17. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 20.06.2015

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Ratsrunners

□□□: 15:38:02

□□: 218

□□: 10.75 km/h

□□□□: 5:34 min/km

□□: 168.50 km

Blankenstein-Hirschel

□□□□□: 163 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 34(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.00	1:37:00	5:42	43	23:16	153	30:15	17.00	1:37:00	5:42	43	23:16	231	30:15
Schildwiese	19.20	1:24:21	4:23	13	17:18	57	18:11	36.20	3:01:21	5:00	20	40:31	231	46:12
Neuhaus	16.00	1:31:50	5:44	37	16:18	153	32:28	52.20	4:33:11	5:14	22	56:49	231	1:17:43
Masserberg	17.30	2:00:56	6:59	72	57:50	228	57:50	69.50	6:34:07	5:40	46	1:51:03	231	2:12:16
Allzunah	17.90	1:33:04	5:11	18	17:56	99	27:13	87.40	8:07:11	5:34	39	2:07:19	231	2:35:33
Grenzdler	20.00	1:39:34	4:58	38	29:47	120	29:47	107.40	9:46:45	5:27	38	2:33:22	231	3:00:57
Neue Ausspanne	13.40	1:21:37	6:05	47	25:05	188	32:47	120.80	11:08:22	5:31	38	2:57:40	231	3:31:32
Kleiner Inselsber	13.90	1:22:27	5:55	45	24:12	174	29:36	134.70	12:30:49	5:34	36	3:14:43	231	4:00:34
Hohe Sonne	18.80	1:48:16	5:45	60	38:09	197	39:57	153.50	14:19:05	5:35	39	3:46:53	231	4:39:38
Hirschel	15.00	1:18:57	5:15	28	25:33	127	29:51	168.50	15:38:02	5:34	34	4:01:16	164	5:09:27