



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

0000

dieLENGENFELDer

000: 13:10:51

00: 74

00: 12.75 km/h

0000: 4:41 min/km

00: 168.50 km

Blankenstein-Hörschel

00000: 32 (of 230)

000000: 10:28:35

0000:

00000: 27(of 144)

Männerstaffel

0000000: 10:28:35

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Grumbach	17.00	1:18:54	4:38	23	12:09	29	12:09	17.00	1:18:54	4:38	23	12:09	29	12:09
Schildwiese	19.20	1:23:30	4:20	37	17:20	48	17:20	36.20	2:42:24	4:29	25	27:15	31	27:15
Neuhaus	16.00	1:29:38	5:36	100	30:16	131	30:16	52.20	4:12:02	4:49	44	56:34	51	56:34
Masserberg	17.30	1:19:29	4:35	30	15:01	35	16:23	69.50	5:31:31	4:46	38	1:09:40	43	1:09:40
Allzunah	17.90	1:31:27	5:06	74	25:36	90	25:36	87.40	7:02:58	4:50	38	1:31:20	44	1:31:20
Grenzdler	20.00	1:43:20	5:09	95	32:12	143	33:33	107.40	8:46:18	4:54	46	2:00:30	56	2:00:30
Neue Ausspanne	13.40	59:35	4:26	19	10:45	23	10:45	120.80	9:45:53	4:51	38	2:09:03	46	2:09:03
Kleiner Inselsber	13.90	57:52	4:09	8	5:01	8	5:01	134.70	10:43:45	4:46	31	2:13:30	37	2:13:30
Hohe Sonne	18.80	1:21:20	4:19	21	13:01	27	13:01	153.50	12:05:05	4:43	30	2:25:38	35	2:25:38
Hörschel	15.00	1:05:46	4:23	32	16:40	37	16:40	168.50	13:10:51	4:41	28	2:42:16	33	2:42:16