



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Rennsteiglaufverein I

□□□: 11:08:06

□□: 28

□□: 15.09 km/h

□□□□: 3:58 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 3 (of 230)

□□□□□□: 10:28:35

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□□□□□: 3(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:16:18	4:29	13	9:33	17	9:33	17.00	1:16:18	4:29	13	9:33	17	9:33
Schildwiese	19.20	1:10:38	3:40	4	4:28	6	4:28	36.20	2:26:56	4:03	6	11:47	8	11:47
Neuhaus	16.00	1:05:46	4:06	4	6:24	4	6:24	52.20	3:32:42	4:04	4	17:14	4	17:14
Masserberg	17.30	1:10:05	4:03	8	5:37	10	6:59	69.50	4:42:47	4:04	4	20:56	4	20:56
Allzunah	17.90	1:13:34	4:06	6	7:43	6	7:43	87.40	5:56:21	4:04	4	24:43	4	24:43
Grenzdler	20.00	1:18:29	3:55	7	7:21	10	8:42	107.40	7:14:50	4:02	5	29:02	6	29:02
Neue Ausspanne	13.40	51:09	3:49	3	2:19	3	2:19	120.80	8:05:59	4:01	4	29:09	4	29:09
Kleiner Inselsber	13.90	54:10	3:53	3	1:19	3	1:19	134.70	9:00:09	4:00	3	29:54	3	29:54
Hohe Sonne	18.80	1:14:39	3:58	5	6:20	6	6:20	153.50	10:14:48	4:00	3	35:21	3	35:21
Hörschel	15.00	53:18	3:33	4	4:12	4	4:12	168.50	11:08:06	3:57	3	39:31	3	39:31