



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Lauffreunde Zimmermann

□□□: 13:51:56

□□: 125

□□: 12.12 km/h

□□□□: 4:56 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 60 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 45(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:39:42	5:51	120	32:57	178	32:57	17.00	1:39:42	5:51	120	32:57	178	32:57
Schildwiese	19.20	1:33:08	4:51	86	26:58	117	26:58	36.20	3:12:50	5:19	102	57:41	144	57:41
Neuhaus	16.00	1:25:16	5:19	79	25:54	97	25:54	52.20	4:38:06	5:19	94	1:22:38	124	1:22:38
Masserberg	17.30	1:19:55	4:37	32	15:27	38	16:49	69.50	5:58:01	5:09	78	1:36:10	99	1:36:10
Allzunah	17.90	1:20:44	4:30	24	14:53	30	14:53	87.40	7:18:45	5:01	59	1:47:07	69	1:47:07
Grenzdler	20.00	1:39:20	4:58	79	28:12	119	29:33	107.40	8:58:05	5:00	60	2:12:17	75	2:12:17
Neue Ausspanne	13.40	1:08:26	5:06	66	19:36	80	19:36	120.80	10:06:31	5:01	59	2:29:41	75	2:29:41
Kleiner Inselsber	13.90	1:07:25	4:51	45	14:34	53	14:34	134.70	11:13:56	5:00	54	2:43:41	68	2:43:41
Hohe Sonne	18.80	1:26:21	4:35	42	18:02	52	18:02	153.50	12:40:17	4:57	46	3:00:50	61	3:00:50
Hörschel	15.00	1:11:39	4:46	61	22:33	75	22:33	168.50	13:51:56	4:56	46	3:23:21	61	3:23:21