



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Thüringer Allgemeine

□□□: 14:05:48

□□: 11

□□: 11.95 km/h

□□□□: 5:01 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 72 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 56(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.00	1:16:54	4:31	16	10:09	20	10:09	17.00	1:16:54	4:31	16	10:09	20	10:09
Schildwiese	19.20	1:34:25	4:55	91	28:15	126	28:15	36.20	2:51:19	4:43	45	36:10	55	36:10
Neuhaus	16.00	1:27:39	5:28	90	28:17	113	28:17	52.20	4:18:58	4:57	54	1:03:30	68	1:03:30
Masserberg	17.30	1:23:02	4:47	51	18:34	60	19:56	69.50	5:42:00	4:55	51	1:20:09	61	1:20:09
Allzunah	17.90	1:34:41	5:17	85	28:50	110	28:50	87.40	7:16:41	4:59	57	1:45:03	66	1:45:03
Grenzdler	20.00	1:38:46	4:56	73	27:38	112	28:59	107.40	8:55:27	4:59	59	2:09:39	74	2:09:39
Neue Ausspanne	13.40	1:06:33	4:57	58	17:43	69	17:43	120.80	10:02:00	4:59	54	2:25:10	67	2:25:10
Kleiner Inselsber	13.90	1:06:15	4:45	38	13:24	45	13:24	134.70	11:08:15	4:57	49	2:38:00	61	2:38:00
Hohe Sonne	18.80	1:38:24	5:14	99	30:05	132	30:05	153.50	12:46:39	4:59	53	3:07:12	69	3:07:12
Hörschel	15.00	1:19:09	5:16	94	30:03	128	30:03	168.50	14:05:48	5:01	57	3:37:13	73	3:37:13