



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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USV Erfurt/ Rennsteiglaufverein

□□□: 10:30:45

□□: 147

□□: 16.07 km/h

□□□□: 3:44 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 1 (of 230)

□□□□□□: 10:30:45

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□□□□□: 1(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:03:28	3:36	1	-	1	-	17.60	1:03:28	3:36	1	-	1	-
Schildwiese	18.60	1:11:02	3:49	2	2:09	4	2:58	36.20	2:14:30	3:42	2	0:34	2	0:34
Neuhaus	16.00	59:17	3:42	1	-	1	-	52.20	3:13:47	3:42	1	-	1	-
Masserberg	17.30	1:09:06	3:59	7	4:22	7	4:22	69.50	4:22:53	3:46	2	2:36	2	2:36
Allzunah	17.90	1:08:06	3:48	1	-	2	0:06	87.40	5:30:59	3:47	1	-	1	-
Grenzdler	20.00	1:12:07	3:36	1	-	1	-	107.40	6:43:06	3:45	1	-	1	-
Neue Ausspanne	13.70	49:26	3:36	1	-	1	-	121.10	7:32:32	3:44	1	-	1	-
Kleiner Inselsber	13.90	50:25	3:37	2	1:32	2	1:32	135.00	8:22:57	3:43	1	-	1	-
Hohe Sonne	18.90	1:11:45	3:47	2	0:07	3	2:13	153.90	9:34:42	3:44	1	-	1	-
Hörschel	15.00	56:03	3:44	3	5:45	3	5:45	168.90	10:30:45	3:44	1	-	1	-