



18. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2016

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HaDuLuZuLa

□□□: 14:54:46

□□: 61

□□: 11.27 km/h

□□□□: 5:18 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 95 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 77(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.60	1:21:16	4:37	24	17:48	37	17:48	17.60	1:21:16	4:37	24	17:48	37	17:48
Schildwiese	18.60	1:34:00	5:03	81	25:07	113	25:56	36.20	2:55:16	4:50	37	41:20	58	41:20
Neuhaus	16.00	1:20:09	5:00	52	20:52	59	20:52	52.20	4:15:25	4:53	40	1:01:38	55	1:01:38
Masserberg	17.30	1:31:41	5:17	86	26:57	120	26:57	69.50	5:47:06	4:59	45	1:26:49	61	1:26:49
Allzunah	17.90	1:42:36	5:43	110	34:30	150	34:36	87.40	7:29:42	5:08	59	1:58:43	74	1:58:43
Grenzdler	20.00	1:40:57	5:02	79	28:50	120	28:50	107.40	9:10:39	5:07	58	2:27:33	73	2:27:33
Neue Ausspanne	13.70	1:12:27	5:17	73	23:01	90	23:01	121.10	10:23:06	5:08	57	2:50:34	72	2:50:34
Kleiner Inselsber	13.90	1:21:04	5:49	107	32:11	153	32:11	135.00	11:44:10	5:12	65	3:21:13	82	3:21:13
Hohe Sonne	18.90	1:49:20	5:47	122	37:42	182	39:48	153.90	13:33:30	5:17	77	3:58:48	96	3:58:48
Hirschel	15.00	1:21:16	5:25	94	30:58	126	30:58	168.90	14:54:46	5:17	77	4:24:01	95	4:24:01