



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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FPL-Team Schmeheim & Freunde

□□□: 13:46:59

□□: 119

□□: 12.19 km/h

□□□□: 4:54 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 39 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 31(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Grumbach	17.60	1:28:55	5:03	59	25:27	88	25:27	17.60	1:28:55	5:03	59	25:27	88	25:27
Schildwiese	18.60	1:28:29	4:45	44	19:36	65	20:25	36.20	2:57:24	4:54	45	43:28	67	43:28
Neuhaus	16.00	1:08:24	4:16	9	9:07	10	9:07	52.20	4:05:48	4:42	24	52:01	36	52:01
Masserberg	17.30	1:07:39	3:54	4	2:55	4	2:55	69.50	5:13:27	4:30	15	53:10	19	53:10
Allzunah	17.90	1:39:52	5:34	98	31:46	130	31:52	87.40	6:53:19	4:43	23	1:22:20	29	1:22:20
Grenzdler	20.00	1:30:16	4:30	31	18:09	46	18:09	107.40	8:23:35	4:41	21	1:40:29	27	1:40:29
Neue Ausspanne	13.70	1:13:43	5:22	82	24:17	103	24:17	121.10	9:37:18	4:46	24	2:04:46	32	2:04:46
Kleiner Inselsber	13.90	1:17:41	5:35	87	28:48	122	28:48	135.00	10:54:59	4:51	28	2:32:02	36	2:32:02
Hohe Sonne	18.90	1:30:31	4:47	52	18:53	67	20:59	153.90	12:25:30	4:50	27	2:50:48	35	2:50:48
Hörschel	15.00	1:21:29	5:25	95	31:11	127	31:11	168.90	13:46:59	4:53	31	3:16:14	39	3:16:14