



18. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2016

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Thüringer Zahnärzte

□□□: 14:13:51

□□: 28

□□: 11.81 km/h

□□□□: 5:04 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 60 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 49(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.60	1:13:38	4:11	7	10:10	11	10:10	17.60	1:13:38	4:11	7	10:10	11	10:10
Schildwiese	18.60	1:31:40	4:55	64	22:47	93	23:36	36.20	2:45:18	4:33	17	31:22	29	31:22
Neuhaus	16.00	1:25:14	5:19	81	25:57	96	25:57	52.20	4:10:32	4:47	34	56:45	47	56:45
Masserberg	17.30	1:29:00	5:08	74	24:16	102	24:16	69.50	5:39:32	4:53	37	1:19:15	49	1:19:15
Allzunah	17.90	1:33:36	5:13	65	25:30	82	25:36	87.40	7:13:08	4:57	37	1:42:09	46	1:42:09
Grenzdler	20.00	1:40:08	5:00	75	28:01	116	28:01	107.40	8:53:16	4:57	41	2:10:10	51	2:10:10
Neue Ausspanne	13.70	1:13:01	5:19	77	23:35	96	23:35	121.10	10:06:17	5:00	45	2:33:45	57	2:33:45
Kleiner Inselsber	13.90	1:16:47	5:31	82	27:54	112	27:54	135.00	11:23:04	5:03	46	3:00:07	57	3:00:07
Hohe Sonne	18.90	1:33:50	4:57	64	22:12	89	24:18	153.90	12:56:54	5:02	42	3:22:12	53	3:22:12
Hirschel	15.00	1:16:57	5:07	71	26:39	89	26:39	168.90	14:13:51	5:03	49	3:43:06	60	3:43:06