



18. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2016

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VfB 26 Beberstedt

□□□: 14:27:09

□□: 49

□□: 11.62 km/h
□□□□: 5:08 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 69 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 55(of 143)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:37:18	5:31	101	33:50	151	33:50	17.60	1:37:18	5:31	101	33:50	151	33:50
Schildwiese	18.60	1:25:33	4:35	32	16:40	50	17:29	36.20	3:02:51	5:03	66	48:55	93	48:55
Neuhaus	16.00	1:23:16	5:12	71	23:59	81	23:59	52.20	4:26:07	5:05	58	1:12:20	78	1:12:20
Masserberg	17.30	1:35:28	5:31	97	30:44	136	30:44	69.50	6:01:35	5:12	73	1:41:18	94	1:41:18
Allzunah	17.90	1:33:35	5:13	64	25:29	81	25:35	87.40	7:35:10	5:12	67	2:04:11	84	2:04:11
Grenzdler	20.00	1:34:48	4:44	46	22:41	70	22:41	107.40	9:09:58	5:07	54	2:26:52	69	2:26:52
Neue Ausspanne	13.70	1:07:47	4:56	51	18:21	62	18:21	121.10	10:17:45	5:06	52	2:45:13	66	2:45:13
Kleiner Inselsber	13.90	1:15:28	5:25	73	26:35	98	26:35	135.00	11:33:13	5:08	53	3:10:16	67	3:10:16
Hohe Sonne	18.90	1:32:54	4:54	60	21:16	80	23:22	153.90	13:06:07	5:06	54	3:31:25	68	3:31:25
Hirschel	15.00	1:21:02	5:24	92	30:44	123	30:44	168.90	14:27:09	5:08	55	3:56:24	69	3:56:24