



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Team Thüringer Energie

□□□: 14:32:08

□□: 42

□□: 11.56 km/h

□□□□: 5:10 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 78 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 63(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.60	1:26:24	4:54	47	22:56	72	22:56	17.60	1:26:24	4:54	47	22:56	72	22:56
Schildwiese	18.60	1:29:11	4:47	49	20:18	71	21:07	36.20	2:55:35	4:51	38	41:39	59	41:39
Neuhaus	16.00	1:25:49	5:21	83	26:32	101	26:32	52.20	4:21:24	5:00	48	1:07:37	65	1:07:37
Masserberg	17.30	1:34:24	5:27	94	29:40	132	29:40	69.50	5:55:48	5:07	60	1:35:31	78	1:35:31
Allzunah	17.90	1:36:13	5:22	79	28:07	104	28:13	87.40	7:32:01	5:10	63	2:01:02	79	2:01:02
Grenzdler	20.00	1:44:38	5:13	91	32:31	140	32:31	107.40	9:16:39	5:10	66	2:33:33	85	2:33:33
Neue Ausspanne	13.70	1:05:29	4:46	38	16:03	44	16:03	121.10	10:22:08	5:08	56	2:49:36	71	2:49:36
Kleiner Inselsber	13.90	1:08:42	4:56	39	19:49	48	19:49	135.00	11:30:50	5:07	51	3:07:53	65	3:07:53
Hohe Sonne	18.90	1:47:15	5:40	114	35:37	171	37:43	153.90	13:18:05	5:11	64	3:43:23	80	3:43:23
Hörschel	15.00	1:14:03	4:56	60	23:45	75	23:45	168.90	14:32:08	5:09	63	4:01:23	78	4:01:23