



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Kenias letzte Reserve

□□□: 14:50:47

□□: 140

□□: 11.32 km/h
□□□□: 5:16 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 81 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 63(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:43:32	5:52	133	36:20	183	36:20	17.60	1:43:32	5:52	133	36:20	183	36:20
Schildwiese	18.58	1:28:54	4:47	54	21:28	75	21:28	36.18	3:12:26	5:19	99	57:30	133	57:30
Neuhaus	13.54	1:08:44	5:04	44	18:12	51	18:12	49.72	4:21:10	5:15	74	1:10:24	94	1:10:24
Masserberg	19.86	2:21:50	7:08	147	1:04:30	225	1:04:30	69.58	6:43:00	5:47	135	2:14:54	182	2:14:54
Allzunah	17.89	1:22:17	4:35	14	11:44	21	11:44	87.47	8:05:17	5:32	99	2:26:38	130	2:26:38
Grenzdler	19.96	1:35:49	4:48	49	22:01	74	25:04	107.43	9:41:06	5:24	86	2:45:48	112	2:45:48
Neue Ausspanne	13.68	1:04:43	4:43	36	17:02	41	17:02	121.11	10:45:49	5:19	73	2:58:04	95	2:58:04
Kleiner Inselsber	13.90	1:10:38	5:04	48	18:14	59	18:14	135.01	11:56:27	5:18	67	3:16:18	86	3:16:18
Hohe Sonne	18.94	1:39:13	5:14	86	30:56	119	30:56	153.95	13:35:40	5:17	67	3:37:34	84	3:37:34
Hörschel	15.02	1:15:07	5:00	58	22:06	73	22:06	168.90	14:50:47	5:16	63	3:57:32	81	3:57:32