



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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15. Thüringer Zahnarztstaffel

□□□: 14:52:48

□□: 112

□□: 11.35 km/h

□□□□: 5:17 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 82 (of 233)

□□□□□□: 10:53:15

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□□□□□: 64(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:20:00	4:32	19	12:48	24	12:48	17.60	1:20:00	4:32	19	12:48	24	12:48
Schildwiese	18.58	1:40:23	5:24	111	32:57	161	32:57	36.18	3:00:23	4:59	54	45:27	72	45:27
Neuhaus	13.54	1:13:11	5:24	70	22:39	86	22:39	49.72	4:13:34	5:05	57	1:02:48	72	1:02:48
Masserberg	19.86	1:44:29	5:15	62	27:09	89	27:09	69.58	5:58:03	5:08	57	1:29:57	73	1:29:57
Allzunah	17.89	1:38:04	5:28	77	27:31	107	27:31	87.47	7:36:07	5:12	54	1:57:28	71	1:57:28
Grenzdler	19.96	1:43:46	5:11	91	29:58	135	33:01	107.43	9:19:53	5:12	60	2:24:35	81	2:24:35
Neue Ausspanne	13.68	1:13:06	5:20	72	25:25	90	25:25	121.11	10:32:59	5:13	57	2:45:14	77	2:45:14
Kleiner Inselsber	13.90	1:23:08	5:58	116	30:44	161	30:44	135.01	11:56:07	5:18	65	3:15:58	84	3:15:58
Hohe Sonne	18.94	1:34:51	5:00	58	26:34	84	26:34	153.95	13:30:58	5:16	59	3:32:52	76	3:32:52
Hörschel	15.02	1:21:50	5:26	87	28:49	115	28:49	168.90	14:52:48	5:17	64	3:59:33	82	3:59:33