



# 19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Oberland-Raketen

□□□: 14:53:47

□□: 185

□□: 11.28 km/h  
□□□□: 5:17 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 83 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 65(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:32:15	5:14	82	25:03	112	25:03	17.60	1:32:15	5:14	82	25:03	112	25:03
Schildwiese	18.58	1:31:06	4:54	66	23:40	94	23:40	36.18	3:03:21	5:04	67	48:25	90	48:25
Neuhaus	13.54	1:19:04	5:50	115	28:32	144	28:32	49.72	4:22:25	5:16	79	1:11:39	100	1:11:39
Masserberg	19.86	1:47:47	5:25	72	30:27	102	30:27	69.58	6:10:12	5:19	74	1:42:06	94	1:42:06
Allzunah	17.89	1:30:59	5:05	47	20:26	63	20:26	87.47	7:41:11	5:16	63	2:02:32	81	2:02:32
Grenzdler	19.96	1:38:51	4:57	67	25:03	102	28:06	107.43	9:20:02	5:12	61	2:24:44	82	2:24:44
Neue Ausspanne	13.68	1:17:21	5:39	86	29:40	115	29:40	121.11	10:37:23	5:15	62	2:49:38	82	2:49:38
Kleiner Inselsber	13.90	1:11:21	5:07	53	18:57	65	18:57	135.01	11:48:44	5:14	54	3:08:35	70	3:08:35
Hohe Sonne	18.94	1:42:38	5:25	97	34:21	137	34:21	153.95	13:31:22	5:16	61	3:33:16	78	3:33:16
Hörschel	15.02	1:22:25	5:29	92	29:24	121	29:24	168.90	14:53:47	5:17	65	4:00:32	83	4:00:32