



19. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 24.06.2017

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Heyeröder Hainichläufer

□□□: 15:32:56

□□: 155

□□: 10.80 km/h

□□□□: 5:31 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 127 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 100(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:29:26	5:04	56	22:14	74	22:14	17.60	1:29:26	5:04	56	22:14	74	22:14
Schildwiese	18.58	1:34:23	5:04	82	26:57	118	26:57	36.18	3:03:49	5:04	69	48:53	92	48:53
Neuhaus	13.54	1:17:43	5:44	105	27:11	131	27:11	49.72	4:21:32	5:15	76	1:10:46	97	1:10:46
Masserberg	19.86	1:53:24	5:42	100	36:04	140	36:04	69.58	6:14:56	5:23	82	1:46:50	104	1:46:50
Allzunah	17.89	1:44:31	5:50	105	33:58	152	33:58	87.47	7:59:27	5:28	89	2:20:48	116	2:20:48
Grenzdler	19.96	2:32:10	7:37	150	1:18:22	231	1:21:25	107.43	10:31:37	5:52	136	3:36:19	192	3:36:19
Neue Ausspanne	13.68	1:03:01	4:36	30	15:20	32	15:20	121.11	11:34:38	5:44	123	3:46:53	166	3:46:53
Kleiner Inselsber	13.90	1:03:26	4:33	18	11:02	23	11:02	135.01	12:38:04	5:36	107	3:57:55	141	3:57:55
Hohe Sonne	18.94	1:33:27	4:56	46	25:10	69	25:10	153.95	14:11:31	5:31	99	4:13:25	130	4:13:25
Hirschel	15.02	1:21:25	5:25	84	28:24	111	28:24	168.90	15:32:56	5:31	100	4:39:41	127	4:39:41