



19. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 24.06.2017

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Thinking of you Heiko

□□□: 15:25:57

□□: 143

□□: 10.89 km/h

□□□□: 5:29 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 115 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 89(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:31:31	5:11	77	24:19	102	24:19	17.60	1:31:31	5:11	77	24:19	102	24:19
Schildwiese	18.58	1:30:34	4:52	62	23:08	87	23:08	36.18	3:02:05	5:01	63	47:09	82	47:09
Neuhaus	13.54	1:10:03	5:10	58	19:31	67	19:31	49.72	4:12:08	5:04	54	1:01:22	68	1:01:22
Masserberg	19.86	1:41:52	5:07	51	24:32	74	24:32	69.58	5:54:00	5:05	45	1:25:54	61	1:25:54
Allzunah	17.89	1:45:15	5:52	108	34:42	156	34:42	87.47	7:39:15	5:15	59	2:00:36	77	2:00:36
Grenzdler	19.96	1:49:39	5:29	111	35:51	161	38:54	107.43	9:28:54	5:17	71	2:33:36	93	2:33:36
Neue Ausspanne	13.68	1:05:08	4:45	38	17:27	44	17:27	121.11	10:34:02	5:14	58	2:46:17	78	2:46:17
Kleiner Inselsber	13.90	1:25:27	6:08	129	33:03	178	33:03	135.01	11:59:29	5:19	71	3:19:20	92	3:19:20
Hohe Sonne	18.94	1:52:05	5:55	129	43:48	192	43:48	153.95	13:51:34	5:24	76	3:53:28	99	3:53:28
Hirschel	15.02	1:34:23	6:17	131	41:22	196	41:22	168.90	15:25:57	5:28	89	4:32:42	115	4:32:42