



# 19. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 24.06.2017

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Hainich Wildkatzen

□□□: 12:14:11

□□: 184

□□: 13.73 km/h

□□□□: 4:21 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 11 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 9(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:16:26	4:20	13	9:14	15	9:14	17.60	1:16:26	4:20	13	9:14	15	9:14
Schildwiese	18.58	1:19:20	4:16	17	11:54	25	11:54	36.18	2:35:46	4:18	11	20:50	16	20:50
Neuhaus	13.54	56:23	4:09	5	5:51	5	5:51	49.72	3:32:09	4:16	9	21:23	9	21:23
Masserberg	19.86	1:30:34	4:33	14	13:14	25	13:14	69.58	5:02:43	4:21	9	34:37	13	34:37
Allzunah	17.89	1:20:04	4:28	10	9:31	13	9:31	87.47	6:22:47	4:22	9	44:08	12	44:08
Grenzdler	19.96	1:22:21	4:07	12	8:33	19	11:36	107.43	7:45:08	4:19	9	49:50	13	49:50
Neue Ausspanne	13.68	1:06:51	4:53	46	19:10	54	19:10	121.11	8:51:59	4:23	9	1:04:14	13	1:04:14
Kleiner Inselsber	13.90	1:04:26	4:38	21	12:02	28	12:02	135.01	9:56:25	4:25	9	1:16:16	12	1:16:16
Hohe Sonne	18.94	1:16:34	4:02	6	8:17	10	8:17	153.95	11:12:59	4:22	9	1:14:53	12	1:14:53
Hirschel	15.02	1:01:12	4:04	8	8:11	9	8:11	168.90	12:14:11	4:20	9	1:20:56	11	1:20:56