



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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nu pagadi

□□□: 15:50:48

□□: 196

□□: 10.60 km/h

□□□□: 5:38 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 152 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 116(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:30:33	5:08	65	23:21	86	23:21	17.60	1:30:33	5:08	65	23:21	86	23:21
Schildwiese	18.58	1:41:28	5:27	115	34:02	168	34:02	36.18	3:12:01	5:18	98	57:05	132	57:05
Neuhaus	13.54	1:15:34	5:34	90	25:02	109	25:02	49.72	4:27:35	5:22	95	1:16:49	121	1:16:49
Masserberg	19.86	2:09:11	6:30	137	51:51	207	51:51	69.58	6:36:46	5:42	122	2:08:40	166	2:08:40
Allzunah	17.89	1:31:38	5:07	50	21:05	67	21:05	87.47	8:08:24	5:35	107	2:29:45	140	2:29:45
Grenzdler	19.96	1:45:36	5:17	103	31:48	151	34:51	107.43	9:54:00	5:31	103	2:58:42	135	2:58:42
Neue Ausspanne	13.68	1:23:55	6:08	119	36:14	174	36:14	121.11	11:17:55	5:35	106	3:30:10	142	3:30:10
Kleiner Inselsber	13.90	1:17:09	5:33	87	24:45	117	24:45	135.01	12:35:04	5:35	104	3:54:55	137	3:54:55
Hohe Sonne	18.94	1:49:10	5:45	116	40:53	174	40:53	153.95	14:24:14	5:36	112	4:26:08	148	4:26:08
Hörschel	15.02	1:26:34	5:45	116	33:33	155	33:33	168.90	15:50:48	5:37	116	4:57:33	152	4:57:33