



# 19. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 24.06.2017

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Harzer Teufel powered by Harzsparkasse: 11:03:33

00: 145

00: 15.19 km/h  
0000: 3:56 min/km

00: 168.90 km

Blankenstein-Hirschel

00000: 3 (of 233)

000000: 10:53:15

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00000: 3(of 150)

Männerstaffel

0000000: 10:53:15

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Grumbach	17.60	1:11:50	4:04	7	4:38	8	4:38	17.60	1:11:50	4:04	7	4:38	8	4:38
Schildwiese	18.58	1:09:57	3:45	3	2:31	4	2:31	36.18	2:21:47	3:55	3	6:51	4	6:51
Neuhaus	13.54	56:39	4:11	6	6:07	6	6:07	49.72	3:18:26	3:59	3	7:40	3	7:40
Masserberg	19.86	1:18:12	3:56	3	0:52	3	0:52	69.58	4:36:38	3:58	3	8:32	3	8:32
Allzunah	17.89	1:12:26	4:02	5	1:53	5	1:53	87.47	5:49:04	3:59	4	10:25	4	10:25
Grenzadler	19.96	1:13:48	3:41	1	-	3	3:03	107.43	7:02:52	3:56	2	7:34	2	7:34
Neue Ausspanne	13.68	56:37	4:08	12	8:56	12	8:56	121.11	7:59:29	3:57	4	11:44	4	11:44
Kleiner Inselsber	13.90	57:10	4:06	7	4:46	9	4:46	135.01	8:56:39	3:58	4	16:30	4	16:30
Hohe Sonne	18.94	1:13:01	3:51	4	4:44	6	4:44	153.95	10:09:40	3:57	4	11:34	4	11:34
Hirschel	15.02	53:53	3:35	2	0:52	2	0:52	168.90	11:03:33	3:55	3	10:18	3	10:18