



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Werratal Runners

□□□: 13:35:56

□□: 161

□□: 12.35 km/h

□□□□: 4:50 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 34 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 25(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:24:02	4:46	30	16:50	37	16:50	17.60	1:24:02	4:46	30	16:50	37	16:50
Schildwiese	18.58	1:25:05	4:34	38	17:39	53	17:39	36.18	2:49:07	4:40	30	34:11	40	34:11
Neuhaus	13.54	1:11:56	5:18	65	21:24	78	21:24	49.72	4:01:03	4:50	33	50:17	42	50:17
Masserberg	19.86	1:38:04	4:56	31	20:44	54	20:44	69.58	5:39:07	4:52	30	1:11:01	41	1:11:01
Allzunah	17.89	1:38:25	5:30	78	27:52	109	27:52	87.47	7:17:32	5:00	38	1:38:53	51	1:38:53
Grenzdler	19.96	1:19:44	3:59	7	5:56	12	8:59	107.43	8:37:16	4:48	24	1:41:58	32	1:41:58
Neue Ausspanne	13.68	1:04:42	4:43	35	17:01	40	17:01	121.11	9:41:58	4:48	25	1:54:13	33	1:54:13
Kleiner Inselsber	13.90	1:03:52	4:35	19	11:28	24	11:28	135.01	10:45:50	4:47	22	2:05:41	29	2:05:41
Hohe Sonne	18.94	1:36:59	5:07	71	28:42	101	28:42	153.95	12:22:49	4:49	23	2:24:43	31	2:24:43
Hörschel	15.02	1:13:07	4:52	48	20:06	57	20:06	168.90	13:35:56	4:49	25	2:42:41	34	2:42:41