



19. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 24.06.2017

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Werräläufer

□□□: 13:36:39

□□: 186

□□: 12.34 km/h

□□□□: 4:50 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 35 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 26(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:28:30	5:01	52	21:18	68	21:18	17.60	1:28:30	5:01	52	21:18	68	21:18
Schildwiese	18.58	1:22:29	4:26	28	15:03	39	15:03	36.18	2:50:59	4:43	34	36:03	45	36:03
Neuhaus	13.54	1:03:56	4:43	24	13:24	25	13:24	49.72	3:54:55	4:43	23	44:09	30	44:09
Masserberg	19.86	1:35:30	4:48	22	18:10	39	18:10	69.58	5:30:25	4:44	20	1:02:19	28	1:02:19
Allzunah	17.89	1:41:58	5:41	95	31:25	134	31:25	87.47	7:12:23	4:56	31	1:33:44	43	1:33:44
Grenzdler	19.96	1:28:37	4:26	26	14:49	39	17:52	107.43	8:41:00	4:50	28	1:45:42	36	1:45:42
Neue Ausspanne	13.68	56:39	4:08	13	8:58	13	8:58	121.11	9:37:39	4:46	23	1:49:54	30	1:49:54
Kleiner Inselsber	13.90	1:08:19	4:54	37	15:55	45	15:55	135.01	10:45:58	4:47	23	2:05:49	30	2:05:49
Hohe Sonne	18.94	1:39:49	5:16	89	31:32	125	31:32	153.95	12:25:47	4:50	26	2:27:41	35	2:27:41
Hirschel	15.02	1:10:52	4:43	39	17:51	46	17:51	168.90	13:36:39	4:50	26	2:43:24	35	2:43:24