



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Vorwärts Rückwärts Oberschönau □□□: 13:48:20

□□: 230

□□: 12.17 km/h
□□□□: 4:54 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 37 (of 233)

□□□□□□: 10:53:15

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□□□□□: 28(of 150)

Männerstaffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:19:25	4:30	18	12:13	23	12:13	17.60	1:19:25	4:30	18	12:13	23	12:13
Schildwiese	18.58	1:42:25	5:30	119	34:59	175	34:59	36.18	3:01:50	5:01	61	46:54	79	46:54
Neuhaus	13.54	1:16:03	5:37	93	25:31	112	25:31	49.72	4:17:53	5:11	67	1:07:07	84	1:07:07
Masserberg	19.86	1:26:55	4:22	10	9:35	16	9:35	69.58	5:44:48	4:57	36	1:16:42	49	1:16:42
Allzunah	17.89	1:29:12	4:59	38	18:39	51	18:39	87.47	7:14:00	4:57	34	1:35:21	47	1:35:21
Grenzdler	19.96	1:34:30	4:44	41	20:42	63	23:45	107.43	8:48:30	4:55	34	1:53:12	45	1:53:12
Neue Ausspanne	13.68	1:03:08	4:36	31	15:27	33	15:27	121.11	9:51:38	4:53	28	2:03:53	37	2:03:53
Kleiner Inselsber	13.90	1:11:17	5:07	51	18:53	63	18:53	135.01	11:02:55	4:54	29	2:22:46	38	2:22:46
Hohe Sonne	18.94	1:35:36	5:02	61	27:19	87	27:19	153.95	12:38:31	4:55	30	2:40:25	41	2:40:25
Hörschel	15.02	1:09:49	4:38	35	16:48	41	16:48	168.90	13:48:20	4:54	28	2:55:05	37	2:55:05