



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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X-Runners I

□□□: 11:03:49

□□: 131

□□: 15.18 km/h
□□□□: 3:56 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 4 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 4(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:07:12	3:49	1	-	1	-	17.60	1:07:12	3:49	1	-	1	-
Schildwiese	18.58	1:08:57	3:42	2	1:31	2	1:31	36.18	2:16:09	3:45	2	1:13	2	1:13
Neuhaus	13.54	54:37	4:02	3	4:05	3	4:05	49.72	3:10:46	3:50	1	-	1	-
Masserberg	19.86	1:17:20	3:53	1	-	1	-	69.58	4:28:06	3:51	1	-	1	-
Allzunah	17.89	1:10:33	3:56	1	-	1	-	87.47	5:38:39	3:52	1	-	1	-
Grenzdler	19.96	1:16:39	3:50	3	2:51	6	5:54	107.43	6:55:18	3:51	1	-	1	-
Neue Ausspanne	13.68	52:27	3:50	7	4:46	7	4:46	121.11	7:47:45	3:51	1	-	1	-
Kleiner Inselsber	13.90	52:24	3:46	1	-	1	-	135.01	8:40:09	3:51	1	-	1	-
Hohe Sonne	18.94	1:28:28	4:40	25	20:11	39	20:11	153.95	10:08:37	3:57	3	10:31	3	10:31
Hörschel	15.02	55:12	3:40	5	2:11	5	2:11	168.90	11:03:49	3:55	4	10:34	4	10:34