



# 19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Rhöner Männer

□□□: 14:10:54

□□: 219

□□: 11.85 km/h  
□□□□: 5:02 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 49 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 38(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach          | 17.60    | 1:30:52  | 5:09         | 68      | 23:40   | 90        | 23:40     | 17.60  | 1:30:52  | 5:09 | 68      | 23:40   | 90        | 23:40     |
| Schildwiese       | 18.58    | 1:31:11  | 4:54         | 67      | 23:45   | 96        | 23:45     | 36.18  | 3:02:03  | 5:01 | 62      | 47:07   | 81        | 47:07     |
| Neuhaus           | 13.54    | 1:13:58  | 5:27         | 79      | 23:26   | 98        | 23:26     | 49.72  | 4:16:01  | 5:08 | 64      | 1:05:15 | 81        | 1:05:15   |
| Masserberg        | 19.86    | 1:35:16  | 4:47         | 21      | 17:56   | 38        | 17:56     | 69.58  | 5:51:17  | 5:02 | 42      | 1:23:11 | 57        | 1:23:11   |
| Allzunah          | 17.89    | 1:42:22  | 5:43         | 99      | 31:49   | 142       | 31:49     | 87.47  | 7:33:39  | 5:11 | 52      | 1:55:00 | 67        | 1:55:00   |
| Grenzdler         | 19.96    | 1:47:36  | 5:23         | 107     | 33:48   | 157       | 36:51     | 107.43 | 9:21:15  | 5:13 | 64      | 2:25:57 | 86        | 2:25:57   |
| Neue Ausspanne    | 13.68    | 55:53    | 4:05         | 10      | 8:12    | 10        | 8:12      | 121.11 | 10:17:08 | 5:05 | 44      | 2:29:23 | 59        | 2:29:23   |
| Kleiner Inselsber | 13.90    | 1:04:40  | 4:39         | 22      | 12:16   | 30        | 12:16     | 135.01 | 11:21:48 | 5:02 | 38      | 2:41:39 | 51        | 2:41:39   |
| Hohe Sonne        | 18.94    | 1:39:44  | 5:15         | 88      | 31:27   | 124       | 31:27     | 153.95 | 13:01:32 | 5:04 | 41      | 3:03:26 | 53        | 3:03:26   |
| Hörschel          | 15.02    | 1:09:22  | 4:37         | 32      | 16:21   | 38        | 16:21     | 168.90 | 14:10:54 | 5:02 | 38      | 3:17:39 | 49        | 3:17:39   |