



# 19. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 24.06.2017

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Waldsteiner Laufnovizen

□□□: 14:29:26

□□: 222

□□: 11.66 km/h

□□□□: 5:09 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 61 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 45(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:27:13	4:57	45	20:01	55	20:01	17.60	1:27:13	4:57	45	20:01	55	20:01
Schildwiese	18.58	1:44:22	5:37	125	36:56	184	36:56	36.18	3:11:35	5:17	94	56:39	128	56:39
Neuhaus	13.54	1:18:52	5:49	113	28:20	142	28:20	49.72	4:30:27	5:26	107	1:19:41	136	1:19:41
Masserberg	19.86	1:44:19	5:15	60	26:59	87	26:59	69.58	6:14:46	5:23	80	1:46:40	102	1:46:40
Allzunah	17.89	1:27:18	4:52	28	16:45	37	16:45	87.47	7:42:04	5:16	66	2:03:25	85	2:03:25
Grenzdler	19.96	1:35:38	4:47	47	21:50	71	24:53	107.43	9:17:42	5:11	57	2:22:24	75	2:22:24
Neue Ausspanne	13.68	1:02:19	4:33	24	14:38	25	14:38	121.11	10:20:01	5:07	47	2:32:16	63	2:32:16
Kleiner Inselsber	13.90	1:20:22	5:46	101	27:58	138	27:58	135.01	11:40:23	5:11	51	3:00:14	66	3:00:14
Hohe Sonne	18.94	1:20:17	4:14	7	12:00	12	12:00	153.95	13:00:40	5:04	40	3:02:34	52	3:02:34
Hirschel	15.02	1:28:46	5:54	122	35:45	170	35:45	168.90	14:29:26	5:08	45	3:36:11	61	3:36:11