



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Lauffeuer Fröttstädt

□□□: 14:41:01

□□: 208

□□: 11.44 km/h
□□□□: 5:13 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 67 (of 233)

□□□□□□: 10:53:15

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□□□□□: 51(of 150)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:16:59	4:22	14	9:47	18	9:47	17.60	1:16:59	4:22	14	9:47	18	9:47
Schildwiese	18.58	1:32:32	4:58	71	25:06	103	25:06	36.18	2:49:31	4:41	31	34:35	41	34:35
Neuhaus	13.54	1:11:37	5:17	63	21:05	76	21:05	49.72	4:01:08	4:50	34	50:22	43	50:22
Masserberg	19.86	1:41:44	5:07	50	24:24	73	24:24	69.58	5:42:52	4:55	34	1:14:46	47	1:14:46
Allzunah	17.89	1:26:56	4:51	26	16:23	35	16:23	87.47	7:09:48	4:54	28	1:31:09	37	1:31:09
Grenzadler	19.96	1:36:31	4:50	54	22:43	81	25:46	107.43	8:46:19	4:53	30	1:51:01	41	1:51:01
Neue Ausspanne	13.68	1:17:35	5:40	87	29:54	116	29:54	121.11	10:03:54	4:59	36	2:16:09	48	2:16:09
Kleiner Inselsber	13.90	1:30:35	6:31	141	38:11	207	38:11	135.01	11:34:29	5:08	48	2:54:20	62	2:54:20
Hohe Sonne	18.94	1:53:21	5:59	133	45:04	198	45:04	153.95	13:27:50	5:14	55	3:29:44	72	3:29:44
Hörschel	15.02	1:13:11	4:52	49	20:10	58	20:10	168.90	14:41:01	5:12	51	3:47:46	67	3:47:46