



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Energy Runners-Laufteam Siemens Generatorwerk Er

00: 111

00: 168.90 km

Blankenstein-Hörschel

0000:

Männerstaffel

00: 11.36 km/h

0000: 5:16 min/km

00000: 74 (of 233)

000000: 10:53:15

00000: 57(of 150)

0000000: 10:53:15

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Grumbach	17.60	1:29:42	5:05	58	22:30	76	22:30	17.60	1:29:42	5:05	58	22:30	77	22:30
Schildwiese	18.58	1:38:34	5:18	104	31:08	154	31:08	36.18	3:08:16	5:12	83	53:20	114	53:20
Neuhaus	13.54	1:13:22	5:25	73	22:50	89	22:50	49.72	4:21:38	5:15	77	1:10:52	98	1:10:52
Masserberg	19.86	1:43:07	5:11	55	25:47	80	25:47	69.58	6:04:45	5:14	64	1:36:39	81	1:36:39
Allzunah	17.89	1:50:30	6:10	124	39:57	183	39:57	87.47	7:55:15	5:25	76	2:16:36	99	2:16:36
Grenzdler	19.96	1:25:00	4:15	20	11:12	30	14:15	107.43	9:20:15	5:12	62	2:24:57	83	2:24:57
Neue Ausspanne	13.68	1:16:12	5:34	82	28:31	111	28:31	121.11	10:36:27	5:15	61	2:48:42	81	2:48:42
Kleiner Inselsber	13.90	1:13:34	5:17	62	21:10	84	21:10	135.01	11:50:01	5:15	56	3:09:52	72	3:09:52
Hohe Sonne	18.94	1:37:55	5:10	77	29:38	107	29:38	153.95	13:27:56	5:14	56	3:29:50	73	3:29:50
Hörschel	15.02	1:19:43	5:18	75	26:42	98	26:42	168.90	14:47:39	5:15	57	3:54:24	74	3:54:24