



RENNSTEIGRIDE

Schmiedefeld am Rennsteig / 02.09.2017

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Semmler, Steffen

□□□: 3:20:59

□□: 1.Türinger Telemarkv

□□: 19.40 km/h

□□: 219

□□: 65.00 km

□□□□□/□□□: 63 (of 293)

LOTTO Thüringen Marathon

□□□□□/□: 63 (of 274)

□□□□□□: 2:29:01

□□□□:

□□□□□: 6(of 52)

Senioren 3

□□□□□□□: 2:55:35

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schneekopf	19.80	1:06:12	17.22	5	7:29	63	16:48	19.80	1:06:12	17.22	5	7:29	63	16:48
Grenzadler	14.20	33:23	25.16	5	3:20	62	13:23	34.00	1:39:35	20.49	5	10:49	61	24:32
Kalte Herberge	20.00	1:11:19	16.83	5	10:02	65	19:52	54.00	2:50:54	18.96	6	20:51	56	42:56
Ziel Schmiedefel	11.00	30:05	21.94	7	4:33	83	9:02	65.00	3:20:59	19.40	6	25:24	64	1:51:42