



RENNSTEIGRIDE

Schmiedefeld am Rennsteig / 02.09.2017

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Lichan, Ralf

□□□: 3:25:20

□□: Heideblick

□□: 18.99 km/h

□□: 295

□□: 65.00 km

□□□□□/□□□: 74 (of 293)

LOTTO Thüringen Marathon

□□□□□/□: 74 (of 274)

□□□□□□: 2:29:01

□□□□:

□□□□□: 8(of 52)

Senioren 3

□□□□□□□: 2:55:35

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schneekopf	19.80	1:09:29	16.41	11	10:46	89	20:05	19.80	1:09:29	16.41	11	10:46	89	20:05
Grenzadler	14.20	34:05	24.65	7	4:02	66	14:05	34.00	1:43:34	19.70	8	14:48	79	28:31
Kalte Herberge	20.00	1:13:05	16.42	9	11:48	76	21:38	54.00	2:56:39	18.34	9	26:36	77	48:41
Ziel Schmiedefel	11.00	28:41	23.01	5	3:09	60	7:38	65.00	3:25:20	18.99	8	29:45	75	1:56:03