



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Haglöfs Laufteam Erfurt

□□□: 11:49:57

□□: 19

□□: 14.45 km/h

□□□□: 4:09 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 7 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 1(of 72)

Mixstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.50	1:15:24	4:18	4	7:12	22	12:50	17.50	1:15:24	4:18	64	-	237	12:50
Schildwiese	19.80	1:14:41	3:46	1	-	6	7:19	37.30	2:30:05	4:01	64	-	237	20:09
Neuhaus	16.50	1:19:20	4:48	6	9:26	47	20:17	53.80	3:49:25	4:15	64	-	237	35:38
Masserberg	18.10	1:08:31	3:47	1	-	3	11:51	71.90	4:57:56	4:08	64	-	237	39:44
Allzunah	17.20	1:16:00	4:25	3	5:58	10	10:37	89.10	6:13:56	4:11	64	-	237	50:21
Grenzdler	20.00	1:15:14	3:45	2	3:41	3	4:52	109.10	7:29:10	4:07	64	-	237	48:11
Neue Ausspanne	13.90	1:01:19	4:24	1	-	27	12:52	123.00	8:30:29	4:09	64	-	237	59:43
Kleiner Inselsber	14.00	1:02:49	4:29	4	4:50	24	13:01	137.00	9:33:18	4:11	64	-	237	1:12:01
Hohe Sonne	19.40	1:10:46	3:38	1	-	4	2:57	156.40	10:44:04	4:07	64	-	237	1:14:58
Hörschel	14.70	1:05:53	4:28	2	1:50	22	17:24	171.10	11:49:57	4:08	1	-	7	1:26:34