



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Lauffreunde Gotha

□□□: 14:31:36

□□: 45

□□: 11.60 km/h

□□□□: 5:10 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 98 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 80(of 144)

Männerstaffel

□□□□□□□: 10:28:35

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| □□□               | □□    | □□      | □□     | □□  | □□    | □□  | □□    | □□□    | □□□      | □□□    | □□ | □□      | □□  | □□      |
|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
|                   | km    | □□      | min/km | -   | -     | □□□ | □□□   | km     | □□       | min/km | -  | -       | □□□ | □□□     |
| Grumbach          | 17.00 | 1:22:59 | 4:52   | 44  | 16:14 | 55  | 16:14 | 17.00  | 1:22:59  | 4:52   | 44 | 16:14   | 55  | 16:14   |
| Schildwiese       | 19.20 | 1:31:14 | 4:45   | 77  | 25:04 | 104 | 25:04 | 36.20  | 2:54:13  | 4:48   | 51 | 39:04   | 66  | 39:04   |
| Neuhaus           | 16.00 | 1:21:15 | 5:04   | 50  | 21:53 | 61  | 21:53 | 52.20  | 4:15:28  | 4:53   | 48 | 1:00:00 | 57  | 1:00:00 |
| Masserberg        | 17.30 | 1:20:54 | 4:40   | 39  | 16:26 | 45  | 17:48 | 69.50  | 5:36:22  | 4:50   | 42 | 1:14:31 | 49  | 1:14:31 |
| Allzunah          | 17.90 | 1:39:21 | 5:33   | 106 | 33:30 | 142 | 33:30 | 87.40  | 7:15:43  | 4:59   | 56 | 1:44:05 | 65  | 1:44:05 |
| Grenzdler         | 20.00 | 1:54:09 | 5:42   | 135 | 43:01 | 209 | 44:22 | 107.40 | 9:09:52  | 5:07   | 75 | 2:24:04 | 95  | 2:24:04 |
| Neue Ausspanne    | 13.40 | 1:24:39 | 6:19   | 138 | 35:49 | 202 | 35:49 | 120.80 | 10:34:31 | 5:15   | 92 | 2:57:41 | 117 | 2:57:41 |
| Kleiner Inselsber | 13.90 | 1:21:41 | 5:52   | 122 | 28:50 | 169 | 28:50 | 134.70 | 11:56:12 | 5:19   | 97 | 3:25:57 | 120 | 3:25:57 |
| Hohe Sonne        | 18.80 | 1:21:41 | 4:20   | 22  | 13:22 | 28  | 13:22 | 153.50 | 13:17:53 | 5:11   | 84 | 3:38:26 | 102 | 3:38:26 |
| Hörschel          | 15.00 | 1:13:43 | 4:54   | 69  | 24:37 | 90  | 24:37 | 168.50 | 14:31:36 | 5:10   | 81 | 4:03:01 | 99  | 4:03:01 |