



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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SSV Erfurt 02 Mix

□□□: 15:50:18

□□: 134

□□: 10.61 km/h
□□□□: 5:38 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 175 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 42(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:21:01	4:45	7	7:17	36	14:16	17.00	1:21:01	4:45	7	7:17	231	14:16
Schildwiese	19.20	1:36:30	5:01	34	29:27	137	30:20	36.20	2:57:31	4:54	17	36:41	231	42:22
Neuhaus	16.00	1:54:37	7:09	67	39:05	224	55:15	52.20	4:52:08	5:35	39	1:15:46	231	1:36:40
Masserberg	17.30	1:29:55	5:11	21	26:49	111	26:49	69.50	6:22:03	5:29	34	1:38:59	231	2:00:12
Allzunah	17.90	1:50:17	6:09	54	35:09	198	44:26	87.40	8:12:20	5:37	41	2:12:28	231	2:40:42
Grenzdler	20.00	1:22:08	4:06	6	12:21	19	12:21	107.40	9:34:28	5:20	28	2:21:05	231	2:48:40
Neue Ausspanne	13.40	1:09:52	5:12	13	13:20	91	21:02	120.80	10:44:20	5:20	25	2:33:38	231	3:07:30
Kleiner Inselsber	13.90	1:39:07	7:07	68	40:52	224	46:16	134.70	12:23:27	5:31	33	3:07:21	231	3:53:12
Hohe Sonne	18.80	1:45:13	5:35	49	35:06	174	36:54	153.50	14:08:40	5:31	34	3:36:28	231	4:29:13
Hörschel	15.00	1:41:38	6:46	73	48:14	227	52:32	168.50	15:50:18	5:38	42	4:13:32	176	5:21:43