



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Schwabenstreich

□□□: 16:04:13

□□: 165

□□: 10.45 km/h

□□□□: 5:43 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 188 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 49(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.00	1:42:58	6:03	56	29:14	194	36:13	17.00	1:42:58	6:03	56	29:14	231	36:13
Schildwiese	19.20	1:39:10	5:09	40	32:07	155	33:00	36.20	3:22:08	5:35	51	1:01:18	231	1:06:59
Neuhaus	16.00	1:32:26	5:46	40	16:54	157	33:04	52.20	4:54:34	5:38	43	1:18:12	231	1:39:06
Masserberg	17.30	1:41:38	5:52	56	38:32	191	38:32	69.50	6:36:12	5:42	47	1:53:08	231	2:14:21
Allzunah	17.90	2:15:42	7:34	72	1:00:34	226	1:09:51	87.40	8:51:54	6:05	62	2:52:02	231	3:20:16
Grenzdler	20.00	1:37:33	4:52	33	27:46	102	27:46	107.40	10:29:27	5:51	58	3:16:04	231	3:43:39
Neue Ausspanne	13.40	1:20:47	6:01	44	24:15	181	31:57	120.80	11:50:14	5:52	56	3:39:32	231	4:13:24
Kleiner Inselsber	13.90	58:15	4:11	1	-	10	5:24	134.70	12:48:29	5:42	44	3:32:23	231	4:18:14
Hohe Sonne	18.80	1:56:48	6:12	67	46:41	218	48:29	153.50	14:45:17	5:46	52	4:13:05	231	5:05:50
Hörschel	15.00	1:18:56	5:15	27	25:32	126	29:50	168.50	16:04:13	5:43	49	4:27:27	189	5:35:38