



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Road Runners Altenburg

□□□: 16:53:47

□□: 149

□□: 9.94 km/h

□□□□: 6:01 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 215 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 63(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:37:35	5:44	47	23:51	161	30:50	17.00	1:37:35	5:44	47	23:51	231	30:50
Schildwiese	19.20	1:56:04	6:02	65	49:01	216	49:54	36.20	3:33:39	5:54	63	1:12:49	231	1:18:30
Neuhaus	16.00	1:30:45	5:40	33	15:13	145	31:23	52.20	5:04:24	5:49	56	1:28:02	231	1:48:56
Masserberg	17.30	1:56:15	6:43	68	53:09	223	53:09	69.50	7:00:39	6:03	63	2:17:35	231	2:38:48
Allzunah	17.90	1:55:59	6:28	69	40:51	219	50:08	87.40	8:56:38	6:08	65	2:56:46	231	3:25:00
Grenzdler	20.00	1:53:20	5:39	64	43:33	206	43:33	107.40	10:49:58	6:03	65	3:36:35	231	4:04:10
Neue Ausspanne	13.40	1:22:00	6:07	49	25:28	191	33:10	120.80	12:11:58	6:03	63	4:01:16	231	4:35:08
Kleiner Inselsber	13.90	1:25:51	6:10	54	27:36	194	33:00	134.70	13:37:49	6:04	64	4:21:43	231	5:07:34
Hohe Sonne	18.80	1:39:46	5:18	34	29:39	139	31:27	153.50	15:17:35	5:58	61	4:45:23	231	5:38:08
Hörschel	15.00	1:36:12	6:24	67	42:48	219	47:06	168.50	16:53:47	6:00	63	5:17:01	216	6:25:12