



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Kriechströme

□□□: 20:44:51

□□: 107

□□: 8.10 km/h

□□□□: 7:23 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 229 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 73(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	2:00:27	7:05	71	46:43	227	53:42	17.00	2:00:27	7:05	71	46:43	231	53:42
Schildwiese	19.20	2:40:57	8:22	72	1:33:54	229	1:34:47	36.20	4:41:24	7:46	72	2:20:34	231	2:26:15
Neuhaus	16.00	2:53:27	10:50	73	1:37:55	230	1:54:05	52.20	7:34:51	8:42	73	3:58:29	231	4:19:23
Masserberg	17.30	1:56:54	6:45	70	53:48	225	53:48	69.50	9:31:45	8:13	73	4:48:41	231	5:09:54
Allzunah	17.90	1:53:48	6:21	62	38:40	211	47:57	87.40	11:25:33	7:50	73	5:25:41	231	5:53:55
Grenzdler	20.00	2:18:39	6:55	72	1:08:52	229	1:08:52	107.40	13:44:12	7:40	73	6:30:49	231	6:58:24
Neue Ausspanne	13.40	1:23:06	6:12	52	26:34	200	34:16	120.80	15:07:18	7:30	73	6:56:36	231	7:30:28
Kleiner Inselsber	13.90	1:54:20	8:13	73	56:05	230	1:01:29	134.70	17:01:38	7:35	73	7:45:32	231	8:31:23
Hohe Sonne	18.80	2:04:37	6:37	72	54:30	229	56:18	153.50	19:06:15	7:28	73	8:34:03	231	9:26:48
Hörschel	15.00	1:38:36	6:34	70	45:12	222	49:30	168.50	20:44:51	7:23	73	9:08:05	230	10:16:16