



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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HAGLÖFS LAUFTEAM ERFURT

□□□: 11:36:46

□□: 41

□□: 14.47 km/h
□□□□: 4:08 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 7 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 1(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.00	1:13:47	4:20	2	0:03	7	7:02	17.00	1:13:47	4:20	2	0:03	8	7:02
Schildwiese	19.20	1:07:03	3:29	1	-	2	0:53	36.20	2:20:50	3:53	1	-	231	5:41
Neuhaus	16.00	1:15:32	4:43	1	-	31	16:10	52.20	3:36:22	4:08	1	-	231	20:54
Masserberg	17.30	1:06:42	3:51	2	3:36	6	3:36	69.50	4:43:04	4:04	1	-	231	21:13
Allzunah	17.90	1:16:48	4:17	2	1:40	13	10:57	87.40	5:59:52	4:07	1	-	231	28:14
Grenzdler	20.00	1:13:31	3:40	2	3:44	3	3:44	107.40	7:13:23	4:02	1	-	231	27:35
Neue Ausspanne	13.40	57:19	4:16	2	0:47	15	8:29	120.80	8:10:42	4:03	1	-	231	33:52
Kleiner Inselsber	13.90	1:05:24	4:42	6	7:09	40	12:33	134.70	9:16:06	4:07	1	-	231	45:51
Hohe Sonne	18.80	1:16:06	4:02	2	5:59	9	7:47	153.50	10:32:12	4:07	1	-	231	52:45
Hörschel	15.00	1:04:34	4:18	3	11:10	31	15:28	168.50	11:36:46	4:08	1	-	7	1:08:11