



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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Saaletaler Mix

□□□: 14:35:30

□□: 209

□□: 11.51 km/h

□□□□: 5:12 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 103 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 18(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.00	1:27:08	5:07	19	13:24	80	20:23	17.00	1:27:08	5:07	19	13:24	231	20:23
Schildwiese	19.20	1:18:04	4:03	5	11:01	26	11:54	36.20	2:45:12	4:33	7	24:22	231	30:03
Neuhaus	16.00	1:30:35	5:39	32	15:03	143	31:13	52.20	4:15:47	4:54	10	39:25	231	1:00:19
Masserberg	17.30	1:27:00	5:01	17	23:54	89	23:54	69.50	5:42:47	4:55	10	59:43	231	1:20:56
Allzunah	17.90	1:39:04	5:32	30	23:56	138	33:13	87.40	7:21:51	5:03	12	1:21:59	231	1:50:13
Grenzdler	20.00	1:36:45	4:50	31	26:58	97	26:58	107.40	8:58:36	5:00	15	1:45:13	231	2:12:48
Neue Ausspanne	13.40	1:31:15	6:48	68	34:43	223	42:25	120.80	10:29:51	5:12	19	2:19:09	231	2:53:01
Kleiner Inselsber	13.90	1:23:38	6:01	47	25:23	178	30:47	134.70	11:53:29	5:17	20	2:37:23	231	3:23:14
Hohe Sonne	18.80	1:33:45	4:59	25	23:38	97	25:26	153.50	13:27:14	5:15	20	2:55:02	231	3:47:47
Hörschel	15.00	1:08:16	4:33	7	14:52	53	19:10	168.50	14:35:30	5:11	18	2:58:44	104	4:06:55