



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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TU Ilmenau Runners Mix protected by Kasparsky

□□: 158

□□: 13.75 km/h
 □□□□: 4:21 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 17 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 3(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.00	1:13:44	4:20	1	-	6	6:59	17.00	1:13:44	4:20	1	-	231	6:59
Schildwiese	19.20	1:11:19	3:42	3	4:16	7	5:09	36.20	2:25:03	4:00	2	4:13	231	9:54
Neuhaus	16.00	1:25:54	5:22	15	10:22	99	26:32	52.20	3:50:57	4:25	2	14:35	231	35:29
Masserberg	17.30	1:03:06	3:38	1	-	1	-	69.50	4:54:03	4:13	2	10:59	231	32:12
Allzunah	17.90	1:26:58	4:51	9	11:50	58	21:07	87.40	6:21:01	4:21	2	21:09	231	49:23
Grenzdler	20.00	1:09:47	3:29	1	-	1	-	107.40	7:30:48	4:11	2	17:25	231	45:00
Neue Ausspanne	13.40	1:04:54	4:50	8	8:22	56	16:04	120.80	8:35:42	4:16	2	25:00	231	58:52
Kleiner Inselsber	13.90	1:18:29	5:38	30	20:14	139	25:38	134.70	9:54:11	4:24	2	38:05	231	1:23:56
Hohe Sonne	18.80	1:10:07	3:43	1	-	3	1:48	153.50	11:04:18	4:19	2	32:06	231	1:24:51
Hörschel	15.00	1:08:41	4:34	9	15:17	59	19:35	168.50	12:12:59	4:21	3	36:13	17	1:44:24