



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

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HAINICHPOWERMIX

□□□: 15:16:03

□□: 135

□□: 11.00 km/h

□□□□: 5:26 min/km

□□: 168.50 km

Blankenstein-Hörschel

□□□□□: 144 (of 230)

□□□□□□: 10:28:35

□□□□:

□□□□□: 30(of 73)

Mixstaffel

□□□□□□□: 11:36:46

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.00	1:45:49	6:13	62	32:05	206	39:04	17.00	1:45:49	6:13	62	32:05	231	39:04
Schildwiese	19.20	1:44:29	5:26	48	37:26	179	38:19	36.20	3:30:18	5:48	59	1:09:28	231	1:15:09
Neuhaus	16.00	1:27:59	5:29	19	12:27	114	28:37	52.20	4:58:17	5:42	46	1:21:55	231	1:42:49
Masserberg	17.30	1:34:24	5:27	33	31:18	147	31:18	69.50	6:32:41	5:39	43	1:49:37	231	2:10:50
Allzunah	17.90	1:30:52	5:04	13	15:44	85	25:01	87.40	8:03:33	5:31	38	2:03:41	231	2:31:55
Grenzdler	20.00	1:40:24	5:01	41	30:37	130	30:37	107.40	9:43:57	5:26	36	2:30:34	231	2:58:09
Neue Ausspanne	13.40	1:19:01	5:53	37	22:29	163	30:11	120.80	11:02:58	5:29	34	2:52:16	231	3:26:08
Kleiner Inselsber	13.90	1:20:48	5:48	39	22:33	159	27:57	134.70	12:23:46	5:31	34	3:07:40	231	3:53:31
Hohe Sonne	18.80	1:31:01	4:50	21	20:54	81	22:42	153.50	13:54:47	5:26	30	3:22:35	231	4:15:20
Hörschel	15.00	1:21:16	5:25	32	27:52	143	32:10	168.50	15:16:03	5:26	30	3:39:17	145	4:47:28