



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

0000

coolrunnings

00: 163

00: 168.50 km

Blankenstein-Hörschel

0000:

Männerstaffel

000: 14:13:02

00: 11.82 km/h

0000: 5:04 min/km

00000: 80 (of 230)

000000: 10:28:35

00000: 63(of 144)

0000000: 10:28:35

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Grumbach	17.00	1:47:58	6:21	140	41:13	215	41:13	17.00	1:47:58	6:21	140	41:13	215	41:13
Schildwiese	19.20	1:42:55	5:21	120	36:45	172	36:45	36.20	3:30:53	5:49	139	1:15:44	207	1:15:44
Neuhaus	16.00	1:21:34	5:05	52	22:12	63	22:12	52.20	4:52:27	5:36	124	1:36:59	168	1:36:59
Masserberg	17.30	1:33:09	5:23	107	28:41	140	30:03	69.50	6:25:36	5:32	118	2:03:45	160	2:03:45
Allzunah	17.90	1:19:42	4:27	21	13:51	27	13:51	87.40	7:45:18	5:19	94	2:13:40	118	2:13:40
Grenzdler	20.00	1:31:18	4:33	44	20:10	63	21:31	107.40	9:16:36	5:10	83	2:30:48	104	2:30:48
Neue Ausspanne	13.40	1:11:46	5:21	86	22:56	107	22:56	120.80	10:28:22	5:12	83	2:51:32	101	2:51:32
Kleiner Inselsber	13.90	1:13:33	5:17	79	20:42	99	20:42	134.70	11:41:55	5:12	83	3:11:40	102	3:11:40
Hohe Sonne	18.80	1:26:47	4:36	43	18:28	53	18:28	153.50	13:08:42	5:08	73	3:29:15	91	3:29:15
Hörschel	15.00	1:04:20	4:17	25	15:14	28	15:14	168.50	14:13:02	5:03	64	3:44:27	81	3:44:27