



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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LAC- Junioren

□□□: 16:35:10

□□: 166

□□: 10.13 km/h

□□□□: 5:53 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 202 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 61(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:29:30	5:05	29	18:52	92	26:02	17.60	1:29:30	5:05	29	18:52	231	26:02
Schildwiese	18.60	1:36:56	5:12	37	28:52	140	28:52	36.20	3:06:26	5:09	30	44:42	231	52:30
Neuhaus	16.00	2:01:03	7:33	73	53:12	227	1:01:46	52.20	5:07:29	5:53	61	1:26:28	231	1:53:42
Masserberg	17.30	2:00:33	6:58	72	50:06	225	55:49	69.50	7:08:02	6:09	67	2:16:34	231	2:47:45
Allzunah	17.90	1:40:17	5:36	30	32:17	136	32:17	87.40	8:48:19	6:02	65	2:41:04	231	3:17:20
Grenzdler	20.00	1:52:38	5:37	60	38:19	186	40:31	107.40	10:40:57	5:58	64	3:19:23	231	3:57:51
Neue Ausspanne	13.70	1:23:36	6:06	47	28:23	175	34:10	121.10	12:04:33	5:58	65	3:41:06	231	4:32:01
Kleiner Inselsber	13.90	1:12:15	5:11	12	17:23	71	23:22	135.00	13:16:48	5:54	61	3:53:09	231	4:53:51
Hohe Sonne	18.90	1:50:55	5:52	55	41:23	191	41:23	153.90	15:07:43	5:53	64	4:30:50	230	5:33:01
Hörschel	15.00	1:27:27	5:49	45	24:11	156	37:09	168.90	16:35:10	5:53	61	4:55:01	202	6:04:25