



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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HAGLÖFS LAUFTEAM ERFURT

□□□: 11:40:09

□□: 162

□□: 14.40 km/h

□□□□: 4:09 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 6 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 1(of 75)

Mixstaffel

□□□□□□□: 11:40:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:14:28	4:13	5	3:50	13	11:00	17.60	1:14:28	4:13	5	3:50	231	11:00
Schildwiese	18.60	1:11:09	3:49	3	3:05	5	3:05	36.20	2:25:37	4:01	4	3:53	231	11:41
Neuhaus	16.00	1:15:24	4:42	3	7:33	30	16:07	52.20	3:41:01	4:14	1	-	231	27:14
Masserberg	17.30	1:10:27	4:04	1	-	10	5:43	69.50	4:51:28	4:11	1	-	231	31:11
Allzunah	17.90	1:15:47	4:14	3	7:47	10	7:47	87.40	6:07:15	4:12	1	-	231	36:16
Grenzdler	20.00	1:14:19	3:42	1	-	3	2:12	107.40	7:21:34	4:06	1	-	231	38:28
Neue Ausspanne	13.70	1:01:53	4:31	2	6:40	28	12:27	121.10	8:23:27	4:09	1	-	231	50:55
Kleiner Inselsber	13.90	1:00:12	4:19	4	5:20	14	11:19	135.00	9:23:39	4:10	1	-	231	1:00:42
Hohe Sonne	18.90	1:13:14	3:52	2	3:42	4	3:42	153.90	10:36:53	4:08	1	-	230	1:02:11
Hörschel	15.00	1:03:16	4:13	1	-	11	12:58	168.90	11:40:09	4:08	1	-	6	1:09:24