



# 19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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TU Ilmenau Runners Mix I

□□□: 12:31:56

□□: 178

□□: 13.41 km/h

□□□□: 4:27 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 15 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 4(of 69)

Mixstaffel

□□□□□□□: 11:51:54

□□□□

□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach          | 17.60    | 1:08:58  | 3:55         | 1       | -       | 4         | 1:46      | 17.60  | 1:08:58  | 3:55 | 1       | -       | 233       | 1:46      |
| Schildwiese       | 18.58    | 1:08:58  | 3:42         | 1       | -       | 3         | 1:32      | 36.18  | 2:17:56  | 3:48 | 1       | -       | 233       | 3:00      |
| Neuhaus           | 13.54    | 1:16:04  | 5:37         | 17      | 14:55   | 113       | 25:32     | 49.72  | 3:34:00  | 4:18 | 1       | -       | 233       | 23:14     |
| Masserberg        | 19.86    | 1:20:27  | 4:03         | 3       | 1:38    | 8         | 3:07      | 69.58  | 4:54:27  | 4:13 | 3       | 1:18    | 233       | 26:21     |
| Allzunah          | 17.89    | 1:29:04  | 4:58         | 12      | 14:54   | 50        | 18:31     | 87.47  | 6:23:31  | 4:23 | 4       | 15:38   | 233       | 44:52     |
| Grenzdler         | 19.96    | 1:18:40  | 3:56         | 4       | 7:55    | 9         | 7:55      | 107.43 | 7:42:11  | 4:18 | 3       | 19:08   | 232       | 46:53     |
| Neue Ausspanne    | 13.68    | 1:07:50  | 4:57         | 8       | 6:13    | 60        | 20:09     | 121.11 | 8:50:01  | 4:22 | 4       | 24:23   | 232       | 1:02:16   |
| Kleiner Inselsber | 13.90    | 1:11:55  | 5:10         | 12      | 17:04   | 70        | 19:31     | 135.01 | 10:01:56 | 4:27 | 4       | 33:55   | 232       | 1:21:47   |
| Hohe Sonne        | 18.94    | 1:12:14  | 3:48         | 2       | 1:16    | 5         | 3:57      | 153.95 | 11:14:10 | 4:22 | 4       | 25:11   | 228       | 1:16:04   |
| Hörschel          | 15.02    | 1:17:46  | 5:10         | 16      | 17:40   | 83        | 24:45     | 168.90 | 12:31:56 | 4:27 | 4       | 40:02   | 15        | 1:38:41   |