



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Leipziger Laufteam

□□□: 15:50:36

□□: 521

□□: 10.60 km/h
□□□□: 5:38 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 151 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 33(of 69)

Mixstaffel

□□□□□□□: 11:51:54

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:30:52 | 5:09 | 22 | 21:54 | 90 | 23:40 | 17.60 | 1:30:52 | 5:09 | 22 | 21:54 | 90 | 23:40 |
| Schildwiese | 18.58 | 1:47:56 | 5:48 | 56 | 38:58 | 195 | 40:30 | 36.18 | 3:18:48 | 5:29 | 41 | 1:00:52 | 233 | 1:03:52 |
| Neuhaus | 13.54 | 1:23:03 | 6:08 | 41 | 21:54 | 182 | 32:31 | 49.72 | 4:41:51 | 5:40 | 43 | 1:07:51 | 233 | 1:31:05 |
| Masserberg | 19.86 | 2:09:25 | 6:30 | 60 | 50:36 | 208 | 52:05 | 69.58 | 6:51:16 | 5:54 | 53 | 1:58:07 | 233 | 2:23:10 |
| Allzunah | 17.89 | 1:45:58 | 5:55 | 45 | 31:48 | 160 | 35:25 | 87.47 | 8:37:14 | 5:54 | 52 | 2:29:21 | 233 | 2:58:35 |
| Grenzdler | 19.96 | 1:38:33 | 4:56 | 29 | 27:48 | 98 | 27:48 | 107.43 | 10:15:47 | 5:43 | 43 | 2:52:44 | 232 | 3:20:29 |
| Neue Ausspanne | 13.68 | 1:24:44 | 6:11 | 48 | 23:07 | 179 | 37:03 | 121.11 | 11:40:31 | 5:47 | 44 | 3:14:53 | 232 | 3:52:46 |
| Kleiner Inselsber | 13.90 | 1:16:40 | 5:30 | 24 | 21:49 | 112 | 24:16 | 135.01 | 12:57:11 | 5:45 | 42 | 3:29:10 | 232 | 4:17:02 |
| Hohe Sonne | 18.94 | 1:33:14 | 4:55 | 20 | 22:16 | 68 | 24:57 | 153.95 | 14:30:25 | 5:39 | 37 | 3:41:26 | 228 | 4:32:19 |
| Hörschel | 15.02 | 1:20:11 | 5:20 | 21 | 20:05 | 102 | 27:10 | 168.90 | 15:50:36 | 5:37 | 33 | 3:58:42 | 151 | 4:57:21 |