



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

□□□□

100% Eintracht

□□□: 12:06:11

□□: 226

□□: 13.88 km/h
□□□□: 4:18 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 10 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 8(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:14:16	4:13	9	7:04	11	7:04	17.60	1:14:16	4:13	9	7:04	11	7:04
Schildwiese	18.58	1:19:56	4:18	18	12:30	27	12:30	36.18	2:34:12	4:15	10	19:16	15	19:16
Neuhaus	13.54	57:23	4:14	7	6:51	7	6:51	49.72	3:31:35	4:15	8	20:49	8	20:49
Masserberg	19.86	1:32:46	4:40	16	15:26	30	15:26	69.58	5:04:21	4:22	10	36:15	14	36:15
Allzunah	17.89	1:17:58	4:21	7	7:25	9	7:25	87.47	6:22:19	4:22	8	43:40	11	43:40
Grenzdler	19.96	1:15:56	3:48	2	2:08	5	5:11	107.43	7:38:15	4:15	7	42:57	9	42:57
Neue Ausspanne	13.68	1:02:05	4:32	23	14:24	24	14:24	121.11	8:40:20	4:17	8	52:35	10	52:35
Kleiner Inselsber	13.90	1:00:36	4:21	14	8:12	16	8:12	135.01	9:40:56	4:18	8	1:00:47	10	1:00:47
Hohe Sonne	18.94	1:20:54	4:16	8	12:37	14	12:37	153.95	11:01:50	4:17	8	1:03:44	10	1:03:44
Hörschel	15.02	1:04:21	4:17	18	11:20	22	11:20	168.90	12:06:11	4:17	8	1:12:56	10	1:12:56