



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Rennsteinläufer

□□□: 16:29:37

□□: 528

□□: 10.19 km/h

□□□□: 5:52 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 186 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 49(of 69)

Mixstaffel

□□□□□□□: 11:51:54

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:52:47 | 6:24 | 59 | 43:49 | 214 | 45:35 | 17.60 | 1:52:47 | 6:24 | 59 | 43:49 | 233 | 45:35 |
| Schildwiese | 18.58 | 1:44:27 | 5:37 | 53 | 35:29 | 185 | 37:01 | 36.18 | 3:37:14 | 6:00 | 57 | 1:19:18 | 233 | 1:22:18 |
| Neuhaus | 13.54 | 1:21:19 | 6:00 | 36 | 20:10 | 169 | 30:47 | 49.72 | 4:58:33 | 6:00 | 56 | 1:24:33 | 233 | 1:47:47 |
| Masserberg | 19.86 | 1:51:50 | 5:37 | 34 | 33:01 | 129 | 34:30 | 69.58 | 6:50:23 | 5:53 | 51 | 1:57:14 | 233 | 2:22:17 |
| Allzunah | 17.89 | 1:50:30 | 6:10 | 54 | 36:20 | 183 | 39:57 | 87.47 | 8:40:53 | 5:57 | 53 | 2:33:00 | 233 | 3:02:14 |
| Grenzdler | 19.96 | 1:39:50 | 5:00 | 33 | 29:05 | 114 | 29:05 | 107.43 | 10:20:43 | 5:46 | 48 | 2:57:40 | 232 | 3:25:25 |
| Neue Ausspanne | 13.68 | 1:29:56 | 6:34 | 62 | 28:19 | 209 | 42:15 | 121.11 | 11:50:39 | 5:52 | 52 | 3:25:01 | 232 | 4:02:54 |
| Kleiner Inselsber | 13.90 | 1:23:39 | 6:01 | 39 | 28:48 | 167 | 31:15 | 135.01 | 13:14:18 | 5:52 | 49 | 3:46:17 | 232 | 4:34:09 |
| Hohe Sonne | 18.94 | 1:36:52 | 5:06 | 26 | 25:54 | 98 | 28:35 | 153.95 | 14:51:10 | 5:47 | 46 | 4:02:11 | 228 | 4:53:04 |
| Hörschel | 15.02 | 1:38:27 | 6:33 | 61 | 38:21 | 212 | 45:26 | 168.90 | 16:29:37 | 5:51 | 49 | 4:37:43 | 186 | 5:36:22 |