



# 19. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 24.06.2017

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The GOETHE- Ladies and Gentlemen □□□: 16:33:00

□□: 538

□□: 168.90 km

Blankenstein-Hirschel

□□□□:

Mixstaffel

□□: 10.15 km/h

□□□□: 5:53 min/km

□□□□□: 190 (of 233)

□□□□□□: 10:53:15

□□□□□: 51(of 69)

□□□□□□□: 11:51:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:44:06	5:54	47	35:08	188	36:54	17.60	1:44:06	5:54	47	35:08	233	36:54
Schildwiese	18.58	1:41:18	5:27	48	32:20	166	33:52	36.18	3:25:24	5:40	46	1:07:28	233	1:10:28
Neuhaus	13.54	1:32:20	6:49	60	31:11	219	41:48	49.72	4:57:44	5:59	54	1:23:44	233	1:46:58
Masserberg	19.86	2:30:14	7:33	68	1:11:25	231	1:12:54	69.58	7:27:58	6:26	64	2:34:49	233	2:59:52
Allzunah	17.89	1:35:39	5:20	22	21:29	93	25:06	87.47	9:03:37	6:12	62	2:55:44	233	3:24:58
Grenzdler	19.96	1:37:53	4:54	27	27:08	91	27:08	107.43	10:41:30	5:58	56	3:18:27	232	3:46:12
Neue Ausspanne	13.68	1:21:19	5:56	39	19:42	155	33:38	121.11	12:02:49	5:58	55	3:37:11	232	4:15:04
Kleiner Inselsber	13.90	1:14:36	5:22	20	19:45	92	22:12	135.01	13:17:25	5:54	51	3:49:24	232	4:37:16
Hohe Sonne	18.94	1:44:57	5:32	40	33:59	150	36:40	153.95	15:02:22	5:51	53	4:13:23	228	5:04:16
Hirschel	15.02	1:30:38	6:02	47	30:32	181	37:37	168.90	16:33:00	5:52	51	4:41:06	190	5:39:45