



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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coolrunnings

□□: 544

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 16:02:06

□□: 10.48 km/h

□□□□: 5:42 min/km

□□□□□: 166 (of 233)

□□□□□□: 10:53:15

□□□□□: 125(of 150)

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:33:26	5:18	87	26:14	120	26:14	17.60	1:33:26	5:18	87	26:14	120	26:14
Schildwiese	18.58	1:34:51	5:06	85	27:25	122	27:25	36.18	3:08:17	5:12	84	53:21	115	53:21
Neuhaus	13.54	1:19:48	5:53	121	29:16	154	29:16	49.72	4:28:05	5:23	99	1:17:19	126	1:17:19
Masserberg	19.86	2:04:50	6:17	132	47:30	194	47:30	69.58	6:32:55	5:38	115	2:04:49	153	2:04:49
Allzunah	17.89	1:52:39	6:17	129	42:06	192	42:06	87.47	8:25:34	5:46	126	2:46:55	171	2:46:55
Grenzadler	19.96	1:51:45	5:35	119	37:57	173	41:00	107.43	10:17:19	5:44	124	3:22:01	171	3:22:01
Neue Ausspanne	13.68	1:26:06	6:17	125	38:25	186	38:25	121.11	11:43:25	5:48	130	3:55:40	179	3:55:40
Kleiner Inselsber	13.90	1:09:12	4:58	39	16:48	48	16:48	135.01	12:52:37	5:43	123	4:12:28	167	4:12:28
Hohe Sonne	18.94	1:49:48	5:47	120	41:31	179	41:31	153.95	14:42:25	5:43	122	4:44:19	168	4:44:19
Hörschel	15.02	1:19:41	5:18	73	26:40	96	26:40	168.90	16:02:06	5:41	125	5:08:51	166	5:08:51