



# 19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Rennsteiglaufverein II

□□□: 17:05:06

□□: 508

□□: 9.89 km/h

□□□□: 6:04 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 212 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 59(of 69)

Mixstaffel

□□□□□□□: 11:51:54

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□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.60	2:06:50	7:12	63	57:52	227	59:38	17.60	2:06:50	7:12	63	57:52	233	59:38
Schildwiese	18.58	1:54:08	6:08	62	45:10	215	46:42	36.18	4:00:58	6:39	65	1:43:02	233	1:46:02
Neuhaus	13.54	1:20:03	5:54	32	18:54	160	29:31	49.72	5:21:01	6:27	63	1:47:01	233	2:10:15
Masserberg	19.86	1:29:55	4:31	9	11:06	21	12:35	69.58	6:50:56	5:54	52	1:57:47	233	2:22:50
Allzunah	17.89	1:45:38	5:54	44	31:28	157	35:05	87.47	8:36:34	5:54	51	2:28:41	233	2:57:55
Grenzdler	19.96	2:05:31	6:17	62	54:46	213	54:46	107.43	10:42:05	5:58	57	3:19:02	232	3:46:47
Neue Ausspanne	13.68	1:21:16	5:56	38	19:39	154	33:35	121.11	12:03:21	5:58	56	3:37:43	232	4:15:36
Kleiner Inselsber	13.90	1:48:19	7:47	67	53:28	230	55:55	135.01	13:51:40	6:09	63	4:23:39	232	5:11:31
Hohe Sonne	18.94	1:41:10	5:20	34	30:12	132	32:53	153.95	15:32:50	6:03	59	4:43:51	228	5:34:44
Hörschel	15.02	1:32:16	6:08	49	32:10	187	39:15	168.90	17:05:06	6:04	59	5:13:12	212	6:11:51