



# 19. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 24.06.2017

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X-Mix

□□: 504

□□: 168.90 km

Blankenstein-Hirschel

□□□□:

Mixstaffel

□□□: 17:26:03

□□: 9.64 km/h

□□□□: 6:11 min/km

□□□□□: 224 (of 233)

□□□□□□: 10:53:15

□□□□□: 64(of 69)

□□□□□□□: 11:51:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:51:48	6:21	57	42:50	212	44:36	17.60	1:51:48	6:21	57	42:50	233	44:36
Schildwiese	18.58	1:55:44	6:13	63	46:46	218	48:18	36.18	3:47:32	6:17	61	1:29:36	233	1:32:36
Neuhaus	13.54	1:24:39	6:15	45	23:30	189	34:07	49.72	5:12:11	6:16	60	1:38:11	233	2:01:25
Masserberg	19.86	1:48:12	5:26	28	29:23	108	30:52	69.58	7:00:23	6:02	57	2:07:14	233	2:32:17
Allzunah	17.89	2:01:45	6:48	63	47:35	220	51:12	87.47	9:02:08	6:11	60	2:54:15	233	3:23:29
Grenzdler	19.96	1:45:29	5:17	44	34:44	148	34:44	107.43	10:47:37	6:01	60	3:24:34	232	3:52:19
Neue Ausspanne	13.68	1:33:21	6:49	65	31:44	220	45:40	121.11	12:20:58	6:07	61	3:55:20	232	4:33:13
Kleiner Inselsber	13.90	1:35:16	6:51	60	40:25	218	42:52	135.01	13:56:14	6:11	64	4:28:13	232	5:16:05
Hohe Sonne	18.94	1:53:18	5:58	53	42:20	196	45:01	153.95	15:49:32	6:10	63	5:00:33	228	5:51:26
Hirschel	15.02	1:36:31	6:25	56	36:25	202	43:30	168.90	17:26:03	6:11	64	5:34:09	224	6:32:48