



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Skisportverein Erfurt 02

□□□: 17:35:14

□□: 5

□□: 9.55 km/h
□□□□: 6:15 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 227 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 13(of 14)

Frauenstaffel

□□□□□□□: 13:15:22

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:47:41 | 6:07 | 7 | 20:32 | 200 | 40:29 | 17.60 | 1:47:41 | 6:07 | 7 | 20:32 | 233 | 40:29 |
| Schildwiese | 18.58 | 1:56:05 | 6:14 | 11 | 26:44 | 219 | 48:39 | 36.18 | 3:43:46 | 6:11 | 11 | 41:33 | 233 | 1:28:50 |
| Neuhaus | 13.54 | 1:28:34 | 6:32 | 10 | 22:22 | 207 | 38:02 | 49.72 | 5:12:20 | 6:16 | 10 | 1:03:55 | 233 | 2:01:34 |
| Masserberg | 19.86 | 2:24:09 | 7:15 | 14 | 54:08 | 228 | 1:06:49 | 69.58 | 7:36:29 | 6:33 | 14 | 1:56:28 | 233 | 3:08:23 |
| Allzunah | 17.89 | 1:54:14 | 6:23 | 9 | 32:31 | 201 | 43:41 | 87.47 | 9:30:43 | 6:31 | 13 | 2:28:34 | 233 | 3:52:04 |
| Grenzdler | 19.96 | 1:53:50 | 5:42 | 6 | 25:42 | 183 | 43:05 | 107.43 | 11:24:33 | 6:22 | 13 | 2:54:16 | 232 | 4:29:15 |
| Neue Ausspanne | 13.68 | 1:33:28 | 6:49 | 14 | 30:20 | 221 | 45:47 | 121.11 | 12:58:01 | 6:25 | 13 | 3:24:36 | 232 | 5:10:16 |
| Kleiner Inselsber | 13.90 | 1:25:37 | 6:09 | 10 | 24:49 | 180 | 33:13 | 135.01 | 14:23:38 | 6:23 | 13 | 3:41:14 | 232 | 5:43:29 |
| Hohe Sonne | 18.94 | 1:42:36 | 5:25 | 5 | 18:12 | 136 | 34:19 | 153.95 | 16:06:14 | 6:16 | 13 | 3:59:26 | 228 | 6:08:08 |
| Hörschel | 15.02 | 1:29:00 | 5:55 | 8 | 25:44 | 171 | 35:59 | 168.90 | 17:35:14 | 6:14 | 13 | 4:19:52 | 227 | 6:41:59 |