



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Die durstigsten Zehn vom ASV Erfurt □□□: 17:45:42

□□: 535

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Mixstaffel

□□: 9.46 km/h

□□□□: 6:19 min/km

□□□□□: 228 (of 233)

□□□□□□: 10:53:15

□□□□□: 65(of 69)

□□□□□□□: 11:51:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:49:29	6:13	54	40:31	205	42:17	17.60	1:49:29	6:13	54	40:31	233	42:17
Schildwiese	18.58	2:05:24	6:44	68	56:26	229	57:58	36.18	3:54:53	6:29	64	1:36:57	233	1:39:57
Neuhaus	13.54	1:19:37	5:52	30	18:28	151	29:05	49.72	5:14:30	6:19	62	1:40:30	233	2:03:44
Masserberg	19.86	2:16:19	6:51	63	57:30	220	58:59	69.58	7:30:49	6:28	65	2:37:40	233	3:02:43
Allzunah	17.89	2:09:53	7:15	65	55:43	228	59:20	87.47	9:40:42	6:38	66	3:32:49	233	4:02:03
Grenzdler	19.96	1:36:52	4:51	26	26:07	84	26:07	107.43	11:17:34	6:18	64	3:54:31	232	4:22:16
Neue Ausspanne	13.68	1:30:03	6:34	63	28:26	210	42:22	121.11	12:47:37	6:20	66	4:21:59	232	4:59:52
Kleiner Inselsber	13.90	1:22:51	5:57	35	28:00	158	30:27	135.01	14:10:28	6:17	65	4:42:27	232	5:30:19
Hohe Sonne	18.94	1:33:52	4:57	21	22:54	74	25:35	153.95	15:44:20	6:08	61	4:55:21	228	5:46:14
Hörschel	15.02	2:01:22	8:04	66	1:01:16	226	1:08:21	168.90	17:45:42	6:18	65	5:53:48	228	6:52:27