



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Erbstromtaler Schmalwaden women □□□: 18:42:26

□□: 4

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Frauenstaffel

□□: 8.98 km/h

□□□□: 6:39 min/km

□□□□□: 231 (of 233)

□□□□□□: 10:53:15

□□□□□: 14(of 14)

□□□□□□□: 13:15:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:53:45	6:27	12	26:36	218	46:33	17.60	1:53:45	6:27	12	26:36	233	46:33
Schildwiese	18.58	2:08:24	6:54	14	39:03	231	1:00:58	36.18	4:02:09	6:41	14	59:56	233	1:47:13
Neuhaus	13.54	1:37:28	7:11	14	31:16	229	46:56	49.72	5:39:37	6:49	14	1:31:12	233	2:28:51
Masserberg	19.86	1:54:35	5:46	6	24:34	148	37:15	69.58	7:34:12	6:31	13	1:54:11	233	3:06:06
Allzunah	17.89	2:09:09	7:13	14	47:26	226	58:36	87.47	9:43:21	6:40	14	2:41:12	233	4:04:42
Grenzdler	19.96	2:00:11	6:01	9	32:03	204	49:26	107.43	11:43:32	6:32	14	3:13:15	232	4:48:14
Neue Ausspanne	13.68	1:22:19	6:01	9	19:11	162	34:38	121.11	13:05:51	6:29	14	3:32:26	232	5:18:06
Kleiner Inselsber	13.90	1:27:20	6:16	11	26:32	190	34:56	135.01	14:33:11	6:28	14	3:50:47	232	5:53:02
Hohe Sonne	18.94	2:04:00	6:32	14	39:36	222	55:43	153.95	16:37:11	6:28	14	4:30:23	228	6:39:05
Hörschel	15.02	2:05:15	8:20	14	1:01:59	227	1:12:14	168.90	18:42:26	6:38	14	5:27:04	231	7:49:11