



# 19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Team Jena

□□□: 11:51:54

□□: 514

□□: 14.16 km/h

□□□□: 4:13 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 7 (of 233)

□□□□□□: 10:53:15

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□□□□□: 1(of 69)

Mixstaffel

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Grumbach	17.60	1:16:43	4:21	3	7:45	16	9:31	17.60	1:16:43	4:21	3	7:45	233 9:31
Schildwiese	18.58	1:11:40	3:51	3	2:42	7	4:14	36.18	2:28:23	4:06	3	10:27	233 13:27
Neuhaus	13.54	1:05:54	4:52	3	4:45	33	15:22	49.72	3:34:17	4:18	3	0:17	233 23:31
Masserberg	19.86	1:18:52	3:58	2	0:03	7	1:32	69.58	4:53:09	4:12	1	-	233 25:03
Allzunah	17.89	1:22:02	4:35	6	7:52	19	11:29	87.47	6:15:11	4:17	2	7:18	233 36:32
Grenzdler	19.96	1:13:41	3:41	2	2:56	2	2:56	107.43	7:28:52	4:10	2	5:49	232 33:34
Neue Ausspanne	13.68	1:01:37	4:30	1	-	22	13:56	121.11	8:30:29	4:12	2	4:51	232 42:44
Kleiner Inselsber	13.90	1:04:28	4:38	6	9:37	29	12:04	135.01	9:34:57	4:15	2	6:56	232 54:48
Hohe Sonne	18.94	1:14:02	3:54	4	3:04	8	5:45	153.95	10:48:59	4:12	1	-	228 50:53
Hörschel	15.02	1:02:55	4:11	3	2:49	15	9:54	168.90	11:51:54	4:12	1	-	7 58:39