



# 19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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LTV Erfurt Montagsgruppe

□□□: 14:15:34

□□: 2

□□: 11.78 km/h

□□□□: 5:04 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 51 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 3(of 14)

Frauenstaffel

□□□□□□□: 13:15:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:35:52	5:26	3	8:43	137	28:40	17.60	1:35:52	5:26	3	8:43	233	28:40
Schildwiese	18.58	1:36:52	5:12	4	7:31	139	29:26	36.18	3:12:44	5:19	3	10:31	233	57:48
Neuhaus	13.54	1:13:36	5:26	3	7:24	93	23:04	49.72	4:26:20	5:21	3	17:55	233	1:15:34
Masserberg	19.86	1:42:35	5:09	4	12:34	77	25:15	69.58	6:08:55	5:18	3	28:54	233	1:40:49
Allzunah	17.89	1:32:59	5:11	3	11:16	73	22:26	87.47	7:41:54	5:16	3	39:45	84	2:03:15
Grenzdler	19.96	1:36:40	4:50	3	8:32	82	25:55	107.43	9:18:34	5:11	3	48:17	232	2:23:16
Neue Ausspanne	13.68	1:11:11	5:12	4	8:03	77	23:30	121.11	10:29:45	5:11	3	56:20	232	2:42:00
Kleiner Inselsber	13.90	1:11:27	5:08	4	10:39	69	19:03	135.01	11:41:12	5:11	3	58:48	232	3:01:03
Hohe Sonne	18.94	1:31:06	4:48	3	6:42	55	22:49	153.95	13:12:18	5:08	3	1:05:30	228	3:14:12
Hörschel	15.02	1:03:16	4:12	1	-	17	10:15	168.90	14:15:34	5:03	3	1:00:12	51	3:22:19