



19. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 24.06.2017

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Mein Lieblingsteam

□□□: 14:19:26

□□: 551

□□: 11.73 km/h

□□□□: 5:05 min/km

□□: 168.90 km

Blankenstein-Hirschel

□□□□□: 55 (of 233)

□□□□□□: 10:53:15

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□□□□□: 11(of 69)

Mixstaffel

□□□□□□□: 11:51:54

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.60	1:42:20	5:48	43	33:22	173	35:08	17.60	1:42:20	5:48	43	33:22	233	35:08
Schildwiese	18.58	1:21:54	4:24	11	12:56	35	14:28	36.18	3:04:14	5:05	22	46:18	233	49:18
Neuhaus	13.54	1:18:15	5:46	26	17:06	136	27:43	49.72	4:22:29	5:16	20	48:29	233	1:11:43
Masserberg	19.86	1:43:24	5:12	22	24:35	81	26:04	69.58	6:05:53	5:15	16	1:12:44	233	1:37:47
Allzunah	17.89	1:30:20	5:02	15	16:10	59	19:47	87.47	7:36:13	5:12	16	1:28:20	233	1:57:34
Grenzdler	19.96	1:23:39	4:11	9	12:54	24	12:54	107.43	8:59:52	5:01	12	1:36:49	232	2:04:34
Neue Ausspanne	13.68	1:09:29	5:04	10	7:52	70	21:48	121.11	10:09:21	5:01	11	1:43:43	232	2:21:36
Kleiner Inselsber	13.90	1:10:32	5:04	8	15:41	58	18:08	135.01	11:19:53	5:02	11	1:51:52	232	2:39:44
Hohe Sonne	18.94	1:30:16	4:45	14	19:18	52	21:59	153.95	12:50:09	5:00	10	2:01:10	228	2:52:03
Hirschel	15.02	1:29:17	5:56	42	29:11	172	36:16	168.90	14:19:26	5:05	11	2:27:32	55	3:26:11