



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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LAUFTEAM ERFURT

□□□: 11:56:44

□□: 512

□□: 14.06 km/h

□□□□: 4:14 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 9 (of 233)

□□□□□□: 10:53:15

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□□□□□: 2(of 69)

Mixstaffel

□□□□□□□: 11:51:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:17:09	4:23	5	8:11	19	9:57	17.60	1:17:09	4:23	5	8:11	233	9:57
Schildwiese	18.58	1:13:05	3:56	5	4:07	11	5:39	36.18	2:30:14	4:09	4	12:18	233	15:18
Neuhaus	13.54	1:04:40	4:46	2	3:31	30	14:08	49.72	3:34:54	4:19	4	0:54	233	24:08
Masserberg	19.86	1:18:49	3:58	1	-	6	1:29	69.58	4:53:43	4:13	2	0:34	233	25:37
Allzunah	17.89	1:14:10	4:08	1	-	6	3:37	87.47	6:07:53	4:12	1	-	233	29:14
Grenzdler	19.96	1:15:10	3:45	3	4:25	4	4:25	107.43	7:23:03	4:07	1	-	232	27:45
Neue Ausspanne	13.68	1:02:35	4:34	2	0:58	27	14:54	121.11	8:25:38	4:10	1	-	232	37:53
Kleiner Inselsber	13.90	1:02:23	4:29	3	7:32	19	9:59	135.01	9:28:01	4:12	1	-	232	47:52
Hohe Sonne	18.94	1:26:03	4:32	12	15:05	30	17:46	153.95	10:54:04	4:14	2	5:05	228	55:58
Hörschel	15.02	1:02:40	4:10	2	2:34	13	9:39	168.90	11:56:44	4:14	2	4:50	9	1:03:29