



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Kriechströme

□□□: 18:15:57

□□: 575

□□: 9.20 km/h
□□□□: 6:29 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 230 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 67(of 69)

Mixstaffel

□□□□□□□: 11:51:54

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|-----------------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 2:08:17 | 7:17 | 65 | 59:19 | 229 | 1:01:05 | 17.60 | 2:08:17 | 7:17 | 65 | 59:19 | 233 | 1:01:05 |
| Schildwiese | 18.58 | 1:42:57 | 5:32 | 52 | 33:59 | 178 | 35:31 | 36.18 | 3:51:14 | 6:23 | 63 | 1:33:18 | 233 | 1:36:18 |
| Neuhaus | 13.54 | 1:36:05 | 7:05 | 66 | 34:56 | 226 | 45:33 | 49.72 | 5:27:19 | 6:34 | 66 | 1:53:19 | 233 | 2:16:33 |
| Masserberg | 19.86 | 1:50:45 | 5:34 | 32 | 31:56 | 124 | 33:25 | 69.58 | 7:18:04 | 6:17 | 63 | 2:24:55 | 233 | 2:49:58 |
| Allzunah | 17.89 | 2:13:32 | 7:27 | 68 | 59:22 | 232 | 1:02:59 | 87.47 | 9:31:36 | 6:32 | 65 | 3:23:43 | 233 | 3:52:57 |
| Grenzdler | 19.96 | 2:04:18 | 6:13 | 60 | 53:33 | 210 | 53:33 | 107.43 | 11:35:54 | 6:28 | 67 | 4:12:51 | 232 | 4:40:36 |
| Neue Ausspanne | 13.68 | 1:34:24 | 6:54 | 66 | 32:47 | 223 | 46:43 | 121.11 | 13:10:18 | 6:31 | 67 | 4:44:40 | 232 | 5:22:33 |
| Kleiner Inselsber | 13.90 | 1:28:55 | 6:23 | 51 | 34:04 | 199 | 36:31 | 135.01 | 14:39:13 | 6:30 | 67 | 5:11:12 | 232 | 5:59:04 |
| Hohe Sonne | 18.94 | 2:11:05 | 6:55 | 65 | 1:00:07 | 226 | 1:02:48 | 153.95 | 16:50:18 | 6:33 | 66 | 6:01:19 | 228 | 6:52:12 |
| Hörschel | 15.02 | 1:25:39 | 5:42 | 33 | 25:33 | 147 | 32:38 | 168.90 | 18:15:57 | 6:29 | 67 | 6:24:03 | 230 | 7:22:42 |