



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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MDR

□□: 517

□□: 168.90 km

Blankenstein-Hörschel

□□□□:

Mixstaffel

□□□: 15:13:23

□□: 11.04 km/h

□□□□: 5:25 min/km

□□□□□: 100 (of 233)

□□□□□□: 10:53:15

□□□□□: 19(of 69)

□□□□□□□: 11:51:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:31:54	5:13	27	22:56	106	24:42	17.60	1:31:54	5:13	27	22:56	233	24:42
Schildwiese	18.58	1:11:53	3:52	4	2:55	8	4:27	36.18	2:43:47	4:31	7	25:51	23	28:51
Neuhaus	13.54	1:08:24	5:03	5	7:15	48	17:52	49.72	3:52:11	4:40	6	18:11	233	41:25
Masserberg	19.86	1:28:52	4:28	8	10:03	20	11:32	69.58	5:21:03	4:36	6	27:54	233	52:57
Allzunah	17.89	1:37:28	5:26	25	23:18	104	26:55	87.47	6:58:31	4:47	7	50:38	233	1:19:52
Grenzdler	19.96	2:21:10	7:04	67	1:10:25	228	1:10:25	107.43	9:19:41	5:12	18	1:56:38	232	2:24:23
Neue Ausspanne	13.68	1:06:27	4:51	6	4:50	53	18:46	121.11	10:26:08	5:10	16	2:00:30	232	2:38:23
Kleiner Inselsber	13.90	1:11:55	5:10	12	17:04	70	19:31	135.01	11:38:03	5:10	13	2:10:02	232	2:57:54
Hohe Sonne	18.94	1:58:47	6:16	62	47:49	217	50:30	153.95	13:36:50	5:18	15	2:47:51	228	3:38:44
Hörschel	15.02	1:36:33	6:25	57	36:27	203	43:32	168.90	15:13:23	5:24	19	3:21:29	100	4:20:08