



# 19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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Wasserturmexpress reloaded

□□□: 14:29:37

□□: 153

□□: 11.59 km/h

□□□□: 5:09 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 62 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 46(of 150)

Männerstaffel

□□□□□□□: 10:53:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:25:22	4:51	36	18:10	44	18:10	17.60	1:25:22	4:51	36	18:10	44	18:10
Schildwiese	18.58	1:43:25	5:33	121	35:59	179	35:59	36.18	3:08:47	5:13	89	53:51	121	53:51
Neuhaus	13.54	59:05	4:21	10	8:33	10	8:33	49.72	4:07:52	4:59	45	57:06	55	57:06
Masserberg	19.86	1:53:25	5:42	101	36:05	141	36:05	69.58	6:01:17	5:11	61	1:33:11	77	1:33:11
Allzunah	17.89	1:35:42	5:20	68	25:09	94	25:09	87.47	7:36:59	5:13	56	1:58:20	74	1:58:20
Grenzdler	19.96	1:33:19	4:40	39	19:31	58	22:34	107.43	9:10:18	5:07	48	2:15:00	64	2:15:00
Neue Ausspanne	13.68	59:26	4:20	17	11:45	17	11:45	121.11	10:09:44	5:02	40	2:21:59	53	2:21:59
Kleiner Inselsber	13.90	1:15:34	5:26	77	23:10	105	23:10	135.01	11:25:18	5:04	41	2:45:09	54	2:45:09
Hohe Sonne	18.94	1:41:14	5:20	95	32:57	133	32:57	153.95	13:06:32	5:06	43	3:08:26	56	3:08:26
Hörschel	15.02	1:23:05	5:31	96	30:04	126	30:04	168.90	14:29:37	5:08	46	3:36:22	62	3:36:22