



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

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HainichPowerMix

□□□: 15:39:09

□□: 527

□□: 10.73 km/h
□□□□: 5:34 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 136 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 29(of 69)

Mixstaffel

□□□□□□□: 11:51:54

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.60 | 1:49:50 | 6:14 | 55 | 40:52 | 206 | 42:38 | 17.60 | 1:49:50 | 6:14 | 55 | 40:52 | 233 | 42:38 |
| Schildwiese | 18.58 | 1:35:48 | 5:09 | 37 | 26:50 | 130 | 28:22 | 36.18 | 3:25:38 | 5:41 | 47 | 1:07:42 | 233 | 1:10:42 |
| Neuhaus | 13.54 | 1:01:09 | 4:30 | 1 | - | 17 | 10:37 | 49.72 | 4:26:47 | 5:21 | 23 | 52:47 | 233 | 1:16:01 |
| Masserberg | 19.86 | 1:55:32 | 5:49 | 39 | 36:43 | 153 | 38:12 | 69.58 | 6:22:19 | 5:29 | 27 | 1:29:10 | 233 | 1:54:13 |
| Allzunah | 17.89 | 1:46:44 | 5:57 | 47 | 32:34 | 166 | 36:11 | 87.47 | 8:09:03 | 5:35 | 31 | 2:01:10 | 233 | 2:30:24 |
| Grenzdler | 19.96 | 1:49:45 | 5:29 | 47 | 39:00 | 162 | 39:00 | 107.43 | 9:58:48 | 5:34 | 35 | 2:35:45 | 232 | 3:03:30 |
| Neue Ausspanne | 13.68 | 1:14:00 | 5:24 | 16 | 12:23 | 98 | 26:19 | 121.11 | 11:12:48 | 5:33 | 29 | 2:47:10 | 232 | 3:25:03 |
| Kleiner Inselsber | 13.90 | 1:22:46 | 5:57 | 33 | 27:55 | 156 | 30:22 | 135.01 | 12:35:34 | 5:35 | 31 | 3:07:33 | 232 | 3:55:25 |
| Hohe Sonne | 18.94 | 1:33:58 | 4:57 | 22 | 23:00 | 76 | 25:41 | 153.95 | 14:09:32 | 5:31 | 25 | 3:20:33 | 228 | 4:11:26 |
| Hörschel | 15.02 | 1:29:37 | 5:57 | 43 | 29:31 | 173 | 36:36 | 168.90 | 15:39:09 | 5:33 | 29 | 3:47:15 | 136 | 4:45:54 |