



20. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 23.06.2018

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HainichPower Mix

□□□: 15:32:04

□□: 544

□□: 10.81 km/h

□□□□: 5:31 min/km

□□: 168.97 km

Blankenstein-Hirschel

□□□□□: 150 (of 228)

□□□□□□: 10:30:32

□□□□:

□□□□□: 30(of 70)

Mixstaffel

□□□□□□□: 11:22:39

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:47:03	6:04	56	37:18	207	41:39	17.60	1:47:03	6:04	56	37:18	229	41:39
Schildwiese	18.58	1:40:44	5:25	38	28:55	161	34:55	36.18	3:27:47	5:44	55	1:04:38	229	1:16:34
Neuhaus	13.54	1:18:28	5:47	32	19:26	152	25:57	49.72	4:46:15	5:45	50	1:22:47	229	1:42:13
Masserberg	19.86	1:44:25	5:15	29	25:47	114	27:54	69.58	6:30:40	5:36	43	1:47:00	229	2:09:56
Allzunah	17.89	1:38:07	5:29	30	26:53	129	30:35	87.47	8:08:47	5:35	36	2:07:09	229	2:38:22
Grenzdler	19.96	1:42:56	5:09	37	26:51	136	28:42	107.43	9:51:43	5:30	37	2:32:21	229	3:03:13
Neue Ausspanne	13.68	1:21:51	5:58	36	23:55	173	32:47	121.11	11:13:34	5:33	37	2:56:16	229	3:36:00
Kleiner Inselsber	13.90	1:29:08	6:24	57	33:02	204	39:52	135.01	12:42:42	5:38	41	3:29:18	229	4:12:22
Hohe Sonne	18.94	1:32:30	4:53	22	23:41	71	26:01	153.95	14:15:12	5:33	34	3:52:59	229	4:36:33
Hirschel	15.02	1:16:52	5:07	21	19:27	88	24:59	168.97	15:32:04	5:30	30	4:09:25	150	5:01:32