



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Erfurter Unikate

□□□: 16:01:39

□□: 538

□□: 10.54 km/h  
□□□□: 5:41 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 147 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 29 (of 66)

Mixstaffel

□□□□□□□: 11:54:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:27:03	5:47	48	25:50	183	35:06	15.02	1:27:03	5:47	48	25:50	183	35:06
Kleiner Inselsber	18.94	1:51:52	5:54	35	28:15	148	35:40	33.96	3:18:55	5:51	45	51:56	176	1:09:14
Neue Ausspanne	13.90	1:05:00	4:40	1	-	36	17:46	47.86	4:23:55	5:30	25	51:39	107	1:27:00
Grenzadler	13.68	1:36:13	7:02	60	33:07	212	43:10	61.54	6:00:08	5:51	37	1:17:51	171	2:10:10
Allzunah	19.96	1:53:09	5:40	41	40:42	161	40:42	81.50	7:53:17	5:48	37	1:55:13	171	2:45:09
Masserberg	17.89	1:37:43	5:27	21	34:46	93	34:46	99.39	9:31:00	5:44	28	2:14:00	151	3:15:00
Neuhaus	19.86	1:36:59	4:53	12	26:37	44	26:37	119.25	11:07:59	5:36	20	2:39:44	119	3:28:46
Schildwiese	13.54	1:06:01	4:52	6	4:41	48	24:23	132.79	12:14:00	5:31	17	2:44:19	111	3:45:53
Grumbach	18.58	1:34:00	5:03	19	24:18	86	28:46	151.37	13:48:00	5:28	16	3:08:37	100	4:14:25
Blankenstein	17.60	2:13:39	7:35	66	1:00:10	221	1:09:55	168.97	16:01:39	5:41	29	4:06:43	147	5:23:17