



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Didaktische Reserve

□□□: 15:05:47

□□: 227

□□: 11.13 km/h
□□□□: 5:22 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 79 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 63(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□ min/km	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:05:53	4:23	19	13:56	23	13:56	15.02	1:05:53	4:23	19	13:56	23	13:56
Kleiner Inselfber	18.94	1:57:33	6:12	126	41:21	177	41:21	33.96	3:03:26	5:24	70	53:45	97	53:45
Neue Ausspanne	13.90	1:15:09	5:24	80	27:55	95	27:55	47.86	4:18:35	5:24	69	1:21:40	89	1:21:40
Grenzadler	13.68	1:02:43	4:35	18	9:40	19	9:40	61.54	5:21:18	5:13	46	1:31:20	59	1:31:20
Allzunah	19.96	1:45:30	5:17	94	31:29	128	33:03	81.50	7:06:48	5:14	56	1:58:40	71	1:58:40
Masserberg	17.89	1:35:12	5:19	57	29:21	74	32:15	99.39	8:42:00	5:15	50	2:26:00	63	2:26:00
Neuhaus	19.86	1:38:52	4:58	35	23:04	52	28:30	119.25	10:20:52	5:12	47	2:41:39	60	2:41:39
Schildwiese	13.54	1:19:51	5:53	108	38:13	155	38:13	132.79	11:40:43	5:16	56	3:12:36	69	3:12:36
Grumbach	18.58	1:37:17	5:14	80	32:03	107	32:03	151.37	13:18:00	5:16	55	3:44:25	70	3:44:25
Blankenstein	17.60	1:47:47	6:07	131	44:03	190	44:03	168.97	15:05:47	5:21	63	4:27:25	79	4:27:25