



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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FPL-Team Schmeheim & Freunde

□□□: 15:14:07

□□: 130

□□: 11.03 km/h

□□□□: 5:25 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 92 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 76(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:16:53	5:07	78	24:56	107	24:56	15.02	1:16:53	5:07	78	24:56	107	24:56
Kleiner Inselfber	18.94	1:43:20	5:27	57	27:08	81	27:08	33.96	3:00:13	5:18	61	50:32	85	50:32
Neue Ausspanne	13.90	1:31:47	6:36	135	44:33	199	44:33	47.86	4:32:00	5:40	112	1:35:05	150	1:35:05
Grenzdler	13.68	1:05:56	4:49	33	12:53	37	12:53	61.54	5:37:56	5:29	78	1:47:58	99	1:47:58
Allzunah	19.96	1:24:29	4:13	13	10:28	17	12:02	81.50	7:02:25	5:10	47	1:54:17	62	1:54:17
Masserberg	17.89	1:48:35	6:04	114	42:44	149	45:38	99.39	8:51:00	5:20	61	2:35:00	75	2:35:00
Neuhaus	19.86	1:53:17	5:42	95	37:29	136	42:55	119.25	10:44:17	5:24	68	3:05:04	83	3:05:04
Schildwiese	13.54	1:07:26	4:58	45	25:48	58	25:48	132.79	11:51:43	5:21	62	3:23:36	76	3:23:36
Grumbach	18.58	1:37:17	5:14	80	32:03	107	32:03	151.37	13:29:00	5:20	59	3:55:25	74	3:55:25
Blankenstein	17.60	1:45:07	5:58	126	41:23	181	41:23	168.97	15:14:07	5:24	76	4:35:45	92	4:35:45