



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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The GOETHE- Ladies and Gentlemen □□□: 16:07:14

□□: 557

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□: 10.42 km/h

□□□□: 5:43 min/km

□□□□□: 156 (of 225)

□□□□□□: 10:38:22

□□□□□: 32(of 66)

□□□□□□□: 11:54:56

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hohe Sonne	15.02	1:10:08	4:40	11	8:55	42	18:11	15.02	1:10:08	4:40	11	8:55	222 18:11
Kleiner Inselfber	18.94	1:55:24	6:05	44	31:47	169	39:12	33.96	3:05:32	5:27	29	38:33	222 55:51
Neue Ausspanne	13.90	1:16:14	5:29	12	11:14	102	29:00	47.86	4:21:46	5:28	21	49:30	225 1:24:51
Grenzdler	13.68	1:21:44	5:58	33	18:38	147	28:41	61.54	5:43:30	5:34	21	1:01:13	225 1:53:32
Allzunah	19.96	1:48:33	5:26	37	36:06	148	36:06	81.50	7:32:03	5:32	21	1:33:59	223 2:23:55
Masserberg	17.89	1:50:57	6:12	39	48:00	168	48:00	99.39	9:23:00	5:39	20	2:06:00	130 3:07:00
Neuhaus	19.86	1:49:51	5:31	32	39:29	121	39:29	119.25	11:12:51	5:38	23	2:44:36	225 3:33:38
Schildwiese	13.54	1:30:40	6:41	60	29:20	209	49:02	132.79	12:43:31	5:44	33	3:13:50	225 4:15:24
Grumbach	18.58	1:50:29	5:56	47	40:47	182	45:15	151.37	14:34:00	5:46	35	3:54:37	225 5:00:25
Blankenstein	17.60	1:33:14	5:17	24	19:45	115	29:30	168.97	16:07:14	5:43	32	4:12:18	156 5:28:52