



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Fläming ´Goes

□□□: 15:21:34

□□: 195

□□: 10.94 km/h
□□□□: 5:27 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 101 (of 225)

□□□□□□: 10:38:22

□□□□:
Männerstaffel

□□□□□: 82(of 147)

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:13:21	4:53	47	21:24	69	21:24	15.02	1:13:21	4:53	47	21:24	69	21:24
Kleiner Inselsber	18.94	2:08:11	6:46	140	51:59	205	51:59	33.96	3:21:32	5:56	132	1:11:51	186	1:11:51
Neue Ausspanne	13.90	1:13:37	5:17	70	26:23	85	26:23	47.86	4:35:09	5:44	119	1:38:14	159	1:38:14
Grenzadler	13.68	1:15:29	5:31	77	22:26	94	22:26	61.54	5:50:38	5:41	111	2:00:40	140	2:00:40
Allzunah	19.96	1:57:52	5:54	130	43:51	183	45:25	81.50	7:48:30	5:44	127	2:40:22	162	2:40:22
Masserberg	17.89	1:29:30	5:00	38	23:39	50	26:33	99.39	9:18:00	5:36	101	3:02:00	122	3:02:00
Neuhaus	19.86	1:49:02	5:29	78	33:14	112	38:40	119.25	11:07:02	5:35	96	3:27:49	118	3:27:49
Schildwiese	13.54	1:10:08	5:10	61	28:30	78	28:30	132.79	12:17:10	5:33	93	3:49:03	114	3:49:03
Grumbach	18.58	1:35:50	5:09	72	30:36	99	30:36	151.37	13:53:00	5:30	87	4:19:25	106	4:19:25
Blankenstein	17.60	1:28:34	5:01	64	24:50	81	24:50	168.97	15:21:34	5:27	82	4:43:12	101	4:43:12