



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Mittwochslaufrunde Königsee

□□□: 15:14:01

□□: 242

□□: 11.03 km/h

□□□□: 5:25 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 91 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 75(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:21:30	5:25	107	29:33	148	29:33	15.02	1:21:30	5:25	107	29:33	148	29:33
Kleiner Inselsber	18.94	1:52:13	5:55	109	36:01	150	36:01	33.96	3:13:43	5:42	118	1:04:02	158	1:04:02
Neue Ausspanne	13.90	1:26:21	6:12	127	39:07	181	39:07	47.86	4:40:04	5:51	129	1:43:09	179	1:43:09
Grenzadler	13.68	1:11:32	5:13	55	18:29	68	18:29	61.54	5:51:36	5:42	115	2:01:38	145	2:01:38
Allzunah	19.96	1:30:21	4:31	30	16:20	37	17:54	81.50	7:21:57	5:25	76	2:13:49	95	2:13:49
Masserberg	17.89	1:43:03	5:45	92	37:12	122	40:06	99.39	9:05:00	5:29	81	2:49:00	99	2:49:00
Neuhaus	19.86	1:46:32	5:21	72	30:44	104	36:10	119.25	10:51:32	5:27	77	3:12:19	94	3:12:19
Schildwiese	13.54	1:15:20	5:33	95	33:42	123	33:42	132.79	12:06:52	5:28	83	3:38:45	100	3:38:45
Grumbach	18.58	1:36:31	5:11	75	31:17	102	31:17	151.37	13:43:23	5:26	78	4:09:48	94	4:09:48
Blankenstein	17.60	1:30:38	5:08	75	26:54	97	26:54	168.97	15:14:01	5:24	75	4:35:39	91	4:35:39