



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Laufwerk Sömmerda

□□□: 15:17:32

□□: 113

□□: 10.99 km/h

□□□□: 5:26 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 96 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 79(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:09:22	4:37	30	17:25	40	17:25	15.02	1:09:22	4:37	30	17:25	41	17:25
Kleiner Inselsber	18.94	2:09:41	6:50	142	53:29	207	53:29	33.96	3:19:03	5:51	127	1:09:22	177	1:09:22
Neue Ausspanne	13.90	1:24:31	6:04	125	37:17	170	37:17	47.86	4:43:34	5:55	132	1:46:39	182	1:46:39
Grenzadler	13.68	1:16:01	5:33	80	22:58	99	22:58	61.54	5:59:35	5:50	128	2:09:37	167	2:09:37
Allzunah	19.96	1:42:03	5:06	75	28:02	99	29:36	81.50	7:41:38	5:39	115	2:33:30	143	2:33:30
Masserberg	17.89	1:28:22	4:56	35	22:31	45	25:25	99.39	9:10:00	5:32	90	2:54:00	109	2:54:00
Neuhaus	19.86	1:36:27	4:51	27	20:39	39	26:05	119.25	10:46:27	5:25	71	3:07:14	87	3:07:14
Schildwiese	13.54	1:18:55	5:49	106	37:17	150	37:17	132.79	12:05:22	5:27	82	3:37:15	98	3:37:15
Grumbach	18.58	1:41:38	5:28	102	36:24	140	36:24	151.37	13:47:00	5:27	81	4:13:25	99	4:13:25
Blankenstein	17.60	1:30:32	5:08	74	26:48	96	26:48	168.97	15:17:32	5:25	79	4:39:10	96	4:39:10