



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Alpenverein Jena

□□□: 15:28:09

□□: 168

□□: 10.86 km/h

□□□□: 5:29 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 103 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 84(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:08:40	4:34	29	16:43	39	16:43	15.02	1:08:40	4:34	29	16:43	39	16:43
Kleiner Inselsber	18.94	1:55:57	6:07	122	39:45	172	39:45	33.96	3:04:37	5:26	77	54:56	106	54:56
Neue Ausspanne	13.90	1:21:49	5:53	108	34:35	144	34:35	47.86	4:26:26	5:34	92	1:29:31	122	1:29:31
Grenzadler	13.68	1:17:23	5:39	88	24:20	112	24:20	61.54	5:43:49	5:35	88	1:53:51	115	1:53:51
Allzunah	19.96	1:40:57	5:03	71	26:56	92	28:30	81.50	7:24:46	5:27	85	2:16:38	105	2:16:38
Masserberg	17.89	1:49:14	6:06	119	43:23	157	46:17	99.39	9:14:00	5:34	96	2:58:00	116	2:58:00
Neuhaus	19.86	1:49:21	5:30	80	33:33	115	38:59	119.25	11:03:21	5:33	91	3:24:08	112	3:24:08
Schildwiese	13.54	1:09:39	5:08	56	28:01	72	28:01	132.79	12:13:00	5:31	91	3:44:53	110	3:44:53
Grumbach	18.58	1:42:00	5:29	104	36:46	143	36:46	151.37	13:55:00	5:30	89	4:21:25	109	4:21:25
Blankenstein	17.60	1:33:09	5:17	85	29:25	112	29:25	168.97	15:28:09	5:29	84	4:49:47	103	4:49:47