



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Trefffurter Sperrachen

□□□: 15:28:54

□□: 100

□□: 10.85 km/h

□□□□: 5:30 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 106 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 87(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:10:57	4:43	34	19:00	47	19:00	15.02	1:10:57	4:43	34	19:00	47	19:00
Kleiner Inselsber	18.94	1:35:24	5:02	25	19:12	38	19:12	33.96	2:46:21	4:53	22	36:40	31	36:40
Neue Ausspanne	13.90	1:11:45	5:09	63	24:31	75	24:31	47.86	3:58:06	4:58	28	1:01:11	36	1:01:11
Grenzadler	13.68	1:10:07	5:07	50	17:04	58	17:04	61.54	5:08:13	5:00	28	1:18:15	32	1:18:15
Allzunah	19.96	1:40:43	5:02	68	26:42	88	28:16	81.50	6:48:56	5:01	33	1:40:48	41	1:40:48
Masserberg	17.89	1:56:04	6:29	134	50:13	189	53:07	99.39	8:45:00	5:16	54	2:29:00	67	2:29:00
Neuhaus	19.86	1:53:24	5:42	96	37:36	138	43:02	119.25	10:38:24	5:21	62	2:59:11	75	2:59:11
Schildwiese	13.54	1:11:41	5:17	73	30:03	96	30:03	132.79	11:50:05	5:20	60	3:21:58	73	3:21:58
Grumbach	18.58	2:05:55	6:46	145	1:00:41	221	1:00:41	151.37	13:56:00	5:31	92	4:22:25	112	4:22:25
Blankenstein	17.60	1:32:54	5:16	83	29:10	109	29:10	168.97	15:28:54	5:29	87	4:50:32	106	4:50:32