



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Team Eichsfeld

□□□: 12:25:26

□□: 115

□□: 13.52 km/h

□□□□: 4:25 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 12 (of 225)

□□□□□□: 10:38:22

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□□□□□: 11(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:05:35	4:21	17	13:38	21	13:38	15.02	1:05:35	4:21	17	13:38	21	13:38
Kleiner Inselsber	18.94	1:31:10	4:48	14	14:58	20	14:58	33.96	2:36:45	4:36	13	27:04	17	27:04
Neue Ausspanne	13.90	1:03:12	4:32	19	15:58	20	15:58	47.86	3:39:57	4:35	14	43:02	15	43:02
Grenzadler	13.68	1:01:03	4:27	13	8:00	13	8:00	61.54	4:41:00	4:33	13	51:02	13	51:02
Allzunah	19.96	1:25:26	4:16	15	11:25	19	12:59	81.50	6:06:26	4:29	12	58:18	14	58:18
Masserberg	17.89	1:13:34	4:06	8	7:43	12	10:37	99.39	7:20:00	4:25	11	1:04:00	12	1:04:00
Neuhaus	19.86	1:31:22	4:36	18	15:34	24	21:00	119.25	8:51:22	4:27	11	1:12:09	12	1:12:09
Schildwiese	13.54	54:48	4:02	9	13:10	9	13:10	132.79	9:46:10	4:24	10	1:18:03	11	1:18:03
Grumbach	18.58	1:26:30	4:39	32	21:16	47	21:16	151.37	11:12:40	4:26	10	1:39:05	11	1:39:05
Blankenstein	17.60	1:12:46	4:08	14	9:02	14	9:02	168.97	12:25:26	4:24	11	1:47:04	12	1:47:04