



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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KOMA-Läufer

□□□: 16:37:09

□□: 518

□□: 10.11 km/h
□□□□: 5:54 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 181 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 43(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:07:47	4:30	6	6:34	31	15:50	15.02	1:07:47	4:30	6	6:34	222	15:50
Kleiner Inselfber	18.94	1:52:16	5:55	39	28:39	156	36:04	33.96	3:00:03	5:18	20	33:04	222	50:22
Neue Ausspanne	13.90	1:21:13	5:50	26	16:13	138	33:59	47.86	4:21:16	5:27	20	49:00	225	1:24:21
Grenzdler	13.68	1:21:54	5:59	34	18:48	150	28:51	61.54	5:43:10	5:34	20	1:00:53	225	1:53:12
Allzunah	19.96	2:06:48	6:21	57	54:21	206	54:21	81.50	7:49:58	5:45	32	1:51:54	223	2:41:50
Masserberg	17.89	1:42:02	5:42	25	39:05	112	39:05	99.39	9:32:00	5:45	29	2:15:00	225	3:16:00
Neuhaus	19.86	1:50:08	5:32	33	39:46	122	39:46	119.25	11:22:08	5:43	30	2:53:53	225	3:42:55
Schildwiese	13.54	1:21:38	6:01	45	20:18	171	40:00	132.79	12:43:46	5:45	34	3:14:05	225	4:15:39
Grumbach	18.58	2:01:14	6:31	63	51:32	217	56:00	151.37	14:45:00	5:50	40	4:05:37	173	5:11:25
Blankenstein	17.60	1:52:09	6:22	53	38:40	201	48:25	168.97	16:37:09	5:54	43	4:42:13	181	5:58:47