



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Wartburg-Sparkasse

□□□: 15:47:42

□□: 121

□□: 10.64 km/h

□□□□: 5:37 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 129 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 104(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:22:07	5:28	110	30:10	151	30:10	15.02	1:22:07	5:28	110	30:10	151	30:10
Kleiner Inselsber	18.94	1:47:53	5:41	90	31:41	122	31:41	33.96	3:10:00	5:35	98	1:00:19	136	1:00:19
Neue Ausspanne	13.90	1:15:58	5:27	84	28:44	99	28:44	47.86	4:25:58	5:33	90	1:29:03	120	1:29:03
Grenzadler	13.68	1:23:33	6:06	115	30:30	161	30:30	61.54	5:49:31	5:40	104	1:59:33	133	1:59:33
Allzunah	19.96	1:48:41	5:26	108	34:40	150	36:14	81.50	7:38:12	5:37	107	2:30:04	135	2:30:04
Masserberg	17.89	1:46:48	5:58	108	40:57	143	43:51	99.39	9:25:00	5:41	108	3:09:00	134	3:09:00
Neuhaus	19.86	2:00:50	6:05	120	45:02	178	50:28	119.25	11:25:50	5:45	115	3:46:37	152	3:46:37
Schildwiese	13.54	1:11:23	5:16	71	29:45	91	29:45	132.79	12:37:13	5:42	108	4:09:06	136	4:09:06
Grumbach	18.58	1:37:47	5:15	85	32:33	112	32:33	151.37	14:15:00	5:38	106	4:41:25	133	4:41:25
Blankenstein	17.60	1:32:42	5:16	80	28:58	105	28:58	168.97	15:47:42	5:36	104	5:09:20	129	5:09:20