



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Schönheider Skispitzen

□□□: 16:43:16

□□: 508

□□: 10.05 km/h

□□□□: 5:56 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 188 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 47(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Hohe Sonne | 15.02 | 1:13:13 | 4:52 | 19 | 12:00 | 65 | 21:16 | 15.02 | 1:13:13 | 4:52 | 19 | 12:00 | 66 | 21:16 |
| Kleiner Inselfber | 18.94 | 1:52:13 | 5:55 | 37 | 28:36 | 150 | 36:01 | 33.96 | 3:05:26 | 5:27 | 28 | 38:27 | 222 | 55:45 |
| Neue Ausspanne | 13.90 | 1:25:25 | 6:08 | 41 | 20:25 | 176 | 38:11 | 47.86 | 4:30:51 | 5:39 | 32 | 58:35 | 225 | 1:33:56 |
| Grenzadler | 13.68 | 1:21:41 | 5:58 | 32 | 18:35 | 146 | 28:38 | 61.54 | 5:52:32 | 5:43 | 28 | 1:10:15 | 225 | 2:02:34 |
| Allzunah | 19.96 | 1:59:24 | 5:58 | 52 | 46:57 | 192 | 46:57 | 81.50 | 7:51:56 | 5:47 | 34 | 1:53:52 | 223 | 2:43:48 |
| Masserberg | 17.89 | 2:01:04 | 6:46 | 53 | 58:07 | 202 | 58:07 | 99.39 | 9:53:00 | 5:57 | 41 | 2:36:00 | 184 | 3:37:00 |
| Neuhaus | 19.86 | 2:03:40 | 6:13 | 56 | 53:18 | 189 | 53:18 | 119.25 | 11:56:40 | 6:00 | 51 | 3:28:25 | 225 | 4:17:27 |
| Schildwiese | 13.54 | 1:21:55 | 6:02 | 46 | 20:35 | 173 | 40:17 | 132.79 | 13:18:35 | 6:00 | 51 | 3:48:54 | 225 | 4:50:28 |
| Grumbach | 18.58 | 1:34:25 | 5:04 | 20 | 24:43 | 88 | 29:11 | 151.37 | 14:53:00 | 5:53 | 44 | 4:13:37 | 225 | 5:19:25 |
| Blankenstein | 17.60 | 1:50:16 | 6:15 | 52 | 36:47 | 197 | 46:32 | 168.97 | 16:43:16 | 5:56 | 47 | 4:48:20 | 188 | 6:04:54 |