



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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ilmrunners

000: 15:51:12

00: 154

00: 10.60 km/h
0000: 5:38 min/km

00: 168.97 km
Hörschel-Blankenstein

00000: 134 (of 225)

000000: 10:38:22

0000:
Männerstaffel

00000: 108(of 147)

0000000: 10:38:22

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Hohe Sonne	15.02	1:17:29	5:09	84	25:32	116	25:32	15.02	1:17:29	5:09	84	25:32	116	25:32
Kleiner Inselsber	18.94	1:43:40	5:28	60	27:28	84	27:28	33.96	3:01:09	5:20	63	51:28	88	51:28
Neue Ausspanne	13.90	1:23:26	6:00	119	36:12	160	36:12	47.86	4:24:35	5:31	80	1:27:40	109	1:27:40
Grenzadler	13.68	1:04:48	4:44	28	11:45	31	11:45	61.54	5:29:23	5:21	60	1:39:25	75	1:39:25
Allzunah	19.96	1:46:20	5:19	96	32:19	131	33:53	81.50	7:15:43	5:20	71	2:07:35	86	2:07:35
Masserberg	17.89	1:31:17	5:06	45	25:26	57	28:20	99.39	8:47:00	5:18	57	2:31:00	70	2:31:00
Neuhaus	19.86	1:33:23	4:42	21	17:35	27	23:01	119.25	10:20:23	5:12	46	2:41:10	59	2:41:10
Schildwiese	13.54	1:23:34	6:10	126	41:56	186	41:56	132.79	11:43:57	5:18	59	3:15:50	72	3:15:50
Grumbach	18.58	1:56:03	6:14	136	50:49	204	50:49	151.37	13:40:00	5:25	72	4:06:25	87	4:06:25
Blankenstein	17.60	2:11:12	7:27	143	1:07:28	217	1:07:28	168.97	15:51:12	5:37	108	5:12:50	134	5:12:50