



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Go For Golf => Run for e-motion

□□□: 16:52:18

□□: 502

□□: 9.96 km/h

□□□□: 5:59 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 196 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 50(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Hohe Sonne	15.02	1:17:04	5:07	26	15:51	111	25:07	15.02	1:17:04	5:07	26	15:51	222	25:07
Kleiner Inselsber	18.94	1:43:01	5:26	21	19:24	80	26:49	33.96	3:00:05	5:18	21	33:06	222	50:24
Neue Ausspanne	13.90	1:47:37	7:44	63	42:37	219	1:00:23	47.86	4:47:42	6:00	50	1:15:26	225	1:50:47
Grenzadler	13.68	1:27:57	6:25	49	24:51	190	34:54	61.54	6:15:39	6:06	53	1:33:22	225	2:25:41
Allzunah	19.96	1:36:24	4:49	13	23:57	66	23:57	81.50	7:52:03	5:47	35	1:53:59	223	2:43:55
Masserberg	17.89	1:48:57	6:05	32	46:00	154	46:00	99.39	9:41:00	5:50	36	2:24:00	225	3:25:00
Neuhaus	19.86	1:54:24	5:45	38	44:02	145	44:02	119.25	11:35:24	5:49	37	3:07:09	225	3:56:11
Schildwiese	13.54	1:17:14	5:42	27	15:54	136	35:36	132.79	12:52:38	5:49	37	3:22:57	225	4:24:31
Grumbach	18.58	2:05:22	6:44	64	55:40	220	1:00:08	151.37	14:58:00	5:55	47	4:18:37	187	5:24:25
Blankenstein	17.60	1:54:18	6:29	58	40:49	207	50:34	168.97	16:52:18	5:59	50	4:57:22	196	6:13:56