



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Berggrabenstolperer

□□□: 16:30:12

□□: 194

□□: 10.18 km/h

□□□□: 5:52 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 177 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 132(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:27:11	5:48	130	35:14	184	35:14	15.02	1:27:11	5:48	130	35:14	184	35:14
Kleiner Inselsber	18.94	1:48:51	5:44	94	32:39	128	32:39	33.96	3:16:02	5:46	123	1:06:21	168	1:06:21
Neue Ausspanne	13.90	1:20:44	5:48	103	33:30	132	33:30	47.86	4:36:46	5:46	123	1:39:51	167	1:39:51
Grenzadler	13.68	1:14:27	5:26	76	21:24	92	21:24	61.54	5:51:13	5:42	114	2:01:15	143	2:01:15
Allzunah	19.96	2:03:06	6:10	139	49:05	200	50:39	81.50	7:54:19	5:49	130	2:46:11	172	2:46:11
Masserberg	17.89	2:16:17	7:37	146	1:10:26	219	1:13:20	99.39	10:10:36	6:08	139	3:54:36	202	3:54:36
Neuhaus	19.86	1:43:12	5:11	55	27:24	80	32:50	119.25	11:53:48	5:59	134	4:14:35	187	4:14:35
Schildwiese	13.54	1:33:38	6:54	143	52:00	216	52:00	132.79	13:27:26	6:04	141	4:59:19	200	4:59:19
Grumbach	18.58	1:37:34	5:15	83	32:20	110	32:20	151.37	15:05:00	5:58	139	5:31:25	193	5:31:25
Blankenstein	17.60	1:25:12	4:50	54	21:28	69	21:28	168.97	16:30:12	5:51	132	5:51:50	177	5:51:50