



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

□□□□

Muskelkater

□□□: 17:00:47

□□: 214

□□: 9.87 km/h

□□□□: 6:02 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 199 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 52(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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□□□□

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hohe Sonne	15.02	1:11:31	4:45	13	10:18	50	19:34	15.02	1:11:31	4:45	13	10:18	222 19:34
Kleiner Inselfber	18.94	1:51:04	5:51	33	27:27	142	34:52	33.96	3:02:35	5:22	24	35:36	222 52:54
Neue Ausspanne	13.90	1:17:30	5:34	15	12:30	112	30:16	47.86	4:20:05	5:26	18	47:49	225 1:23:10
Grenzdler	13.68	1:53:09	8:16	66	50:03	224	1:00:06	61.54	6:13:14	6:03	50	1:30:57	225 2:23:16
Allzunah	19.96	1:44:47	5:14	27	32:20	121	32:20	81.50	7:58:01	5:51	41	1:59:57	223 2:49:53
Masserberg	17.89	2:01:59	6:49	54	59:02	204	59:02	99.39	10:00:00	6:02	49	2:43:00	225 3:44:00
Neuhaus	19.86	2:03:38	6:13	55	53:16	188	53:16	119.25	12:03:38	6:04	55	3:35:23	225 4:24:25
Schildwiese	13.54	1:33:09	6:52	62	31:49	214	51:31	132.79	13:36:47	6:09	57	4:07:06	225 5:08:40
Grumbach	18.58	1:39:13	5:20	28	29:31	126	33:59	151.37	15:16:00	6:03	52	4:36:37	225 5:42:25
Blankenstein	17.60	1:44:47	5:57	46	31:18	180	41:03	168.97	17:00:47	6:02	52	5:05:51	199 6:22:25