



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Forrest Runners

□□□: 15:13:06

□□: 252

□□: 11.04 km/h

□□□□: 5:24 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 89 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 73(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:30:07	5:59	137	38:10	198	38:10	15.02	1:30:07	5:59	137	38:10	198	38:10
Kleiner Inselsber	18.94	1:41:08	5:20	51	24:56	71	24:56	33.96	3:11:15	5:37	106	1:01:34	144	1:01:34
Neue Ausspanne	13.90	1:23:21	5:59	118	36:07	159	36:07	47.86	4:34:36	5:44	118	1:37:41	158	1:37:41
Grenzdler	13.68	1:23:43	6:07	116	30:40	162	30:40	61.54	5:58:19	5:49	126	2:08:21	164	2:08:21
Allzunah	19.96	1:41:20	5:04	72	27:19	94	28:53	81.50	7:39:39	5:38	111	2:31:31	139	2:31:31
Masserberg	17.89	1:25:21	4:46	28	19:30	35	22:24	99.39	9:05:00	5:29	81	2:49:00	99	2:49:00
Neuhaus	19.86	1:47:20	5:24	75	31:32	109	36:58	119.25	10:52:20	5:28	78	3:13:07	95	3:13:07
Schildwiese	13.54	1:11:12	5:15	69	29:34	89	29:34	132.79	12:03:32	5:26	75	3:35:25	91	3:35:25
Grumbach	18.58	1:52:28	6:03	131	47:14	191	47:14	151.37	13:56:00	5:31	92	4:22:25	112	4:22:25
Blankenstein	17.60	1:17:06	4:22	23	13:22	27	13:22	168.97	15:13:06	5:24	73	4:34:44	89	4:34:44