



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Helios Team Erfurt

□□□: 16:08:57

□□: 235

□□: 10.40 km/h
□□□□: 5:44 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 158 (of 225)

□□□□□□: 10:38:22

□□□□:
Männerstaffel

□□□□□: 122(of 147)

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:17:31	5:09	85	25:34	117	25:34	15.02	1:17:31	5:09	85	25:34	117	25:34
Kleiner Inselsber	18.94	1:36:11	5:04	27	19:59	40	19:59	33.96	2:53:42	5:06	41	44:01	56	44:01
Neue Ausspanne	13.90	1:23:33	6:00	120	36:19	163	36:19	47.86	4:17:15	5:22	68	1:20:20	86	1:20:20
Grenzadler	13.68	1:30:17	6:35	134	37:14	196	37:14	61.54	5:47:32	5:38	96	1:57:34	124	1:57:34
Allzunah	19.96	1:40:47	5:02	69	26:46	89	28:20	81.50	7:28:19	5:30	92	2:20:11	114	2:20:11
Masserberg	17.89	2:01:41	6:48	139	55:50	203	58:44	99.39	9:30:00	5:44	114	3:14:00	143	3:14:00
Neuhaus	19.86	2:16:39	6:52	143	1:00:51	217	1:06:17	119.25	11:46:39	5:55	131	4:07:26	178	4:07:26
Schildwiese	13.54	57:59	4:16	15	16:21	15	16:21	132.79	12:44:38	5:45	116	4:16:31	154	4:16:31
Grumbach	18.58	1:51:22	5:59	129	46:08	187	46:08	151.37	14:36:00	5:47	122	5:02:25	163	5:02:25
Blankenstein	17.60	1:32:57	5:16	84	29:13	111	29:13	168.97	16:08:57	5:44	122	5:30:35	158	5:30:35