



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Walschberg Runners

□□□: 16:22:39

□□: 506

□□: 10.26 km/h

□□□□: 5:49 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 170 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 127(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:20:34	5:21	101	28:37	141	28:37	15.02	1:20:34	5:21	101	28:37	141	28:37
Kleiner Inselsber	18.94	1:44:02	5:29	62	27:50	86	27:50	33.96	3:04:36	5:26	76	54:55	105	54:55
Neue Ausspanne	13.90	1:24:16	6:03	123	37:02	168	37:02	47.86	4:28:52	5:37	104	1:31:57	138	1:31:57
Grenzadler	13.68	1:21:56	5:59	109	28:53	151	28:53	61.54	5:50:48	5:42	112	2:00:50	141	2:00:50
Allzunah	19.96	1:42:34	5:08	80	28:33	107	30:07	81.50	7:33:22	5:33	101	2:25:14	127	2:25:14
Masserberg	17.89	1:52:18	6:16	125	46:27	174	49:21	99.39	9:25:40	5:41	110	3:09:40	136	3:09:40
Neuhaus	19.86	1:52:01	5:38	89	36:13	129	41:39	119.25	11:17:41	5:40	106	3:38:28	135	3:38:28
Schildwiese	13.54	1:36:40	7:08	144	55:02	219	55:02	132.79	12:54:21	5:49	124	4:26:14	169	4:26:14
Grumbach	18.58	1:47:39	5:47	121	42:25	173	42:25	151.37	14:42:00	5:49	124	5:08:25	167	5:08:25
Blankenstein	17.60	1:40:39	5:43	115	36:55	163	36:55	168.97	16:22:39	5:48	127	5:44:17	170	5:44:17