



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Gipfelstürmer

□□□: 16:33:21

□□: 185

□□: 10.15 km/h

□□□□: 5:53 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 178 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 133(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:34:38	6:18	142	42:41	212	42:41	15.02	1:34:38	6:18	142	42:41	212	42:41
Kleiner Inselsber	18.94	2:12:58	7:01	144	56:46	213	56:46	33.96	3:47:36	6:42	144	1:37:55	214	1:37:55
Neue Ausspanne	13.90	1:29:30	6:26	131	42:16	191	42:16	47.86	5:17:06	6:37	145	2:20:11	216	2:20:11
Grenzadler	13.68	1:22:16	6:00	112	29:13	154	29:13	61.54	6:39:22	6:29	145	2:49:24	216	2:49:24
Allzunah	19.96	2:18:09	6:55	146	1:04:08	219	1:05:42	81.50	8:57:31	6:35	145	3:49:23	218	3:49:23
Masserberg	17.89	1:23:09	4:38	23	17:18	30	20:12	99.39	10:20:40	6:14	144	4:04:40	211	4:04:40
Neuhaus	19.86	1:43:55	5:13	63	28:07	89	33:33	119.25	12:04:35	6:04	140	4:25:22	202	4:25:22
Schildwiese	13.54	1:20:33	5:56	112	38:55	161	38:55	132.79	13:25:08	6:03	139	4:57:01	198	4:57:01
Grumbach	18.58	1:39:32	5:21	94	34:18	128	34:18	151.37	15:04:40	5:58	138	5:31:05	192	5:31:05
Blankenstein	17.60	1:28:41	5:02	65	24:57	82	24:57	168.97	16:33:21	5:52	133	5:54:59	178	5:54:59