



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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## Mühlhäuser Laufmäuse - Röblinglauf **EW**: 17:30:36

□□: 5

□□: 9.59 km/h  
 □□□□: 6:13 min/km

□□: 168.97 km  
 Hörschel-Blankenstein

□□□□□: 216 (of 225)

□□□□□□: 10:38:22

□□□□:  
 Frauenstaffel

□□□□□: 11(of 12)

□□□□□□□: 12:46:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:41:22	6:44	12	36:43	218	49:25	15.02	1:41:22	6:44	12	36:43	222	49:25
Kleiner Inselsber	18.94	2:41:48	8:32	12	1:14:27	221	1:25:36	33.96	4:23:10	7:44	12	1:41:27	222	2:13:29
Neue Ausspanne	13.90	1:16:20	5:29	5	17:29	105	29:06	47.86	5:39:30	7:05	12	1:58:53	225	2:42:35
Grenzadler	13.68	1:10:49	5:10	3	9:15	61	17:46	61.54	6:50:19	6:40	12	2:03:45	225	3:00:21
Allzunah	19.96	1:45:23	5:16	5	17:38	126	32:56	81.50	8:35:42	6:19	10	2:21:23	223	3:27:34
Masserberg	17.89	1:59:18	6:40	11	36:37	198	56:21	99.39	10:35:00	6:23	11	2:58:00	225	4:19:00
Neuhaus	19.86	2:19:47	7:02	12	45:39	219	1:09:25	119.25	12:54:47	6:29	12	3:43:39	225	5:15:34
Schildwiese	13.54	1:06:59	4:56	4	8:54	54	25:21	132.79	14:01:46	6:20	10	3:52:33	225	5:33:39
Grumbach	18.58	1:53:14	6:05	11	32:38	194	48:00	151.37	15:55:00	6:18	11	4:24:20	225	6:21:25
Blankenstein	17.60	1:35:36	5:25	8	20:10	124	31:52	168.97	17:30:36	6:13	11	4:44:30	216	6:52:14