



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Narrenstaffel 1

□□□: 15:28:48

□□: 204

□□: 10.85 km/h
□□□□: 5:30 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 105 (of 225)

□□□□□□: 10:38:22

□□□□:
Männerstaffel

□□□□□: 86(of 147)

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:05:53	4:23	19	13:56	23	13:56	15.02	1:05:53	4:23	19	13:56	23	13:56
Kleiner Inselfber	18.94	1:58:42	6:16	129	42:30	183	42:30	33.96	3:04:35	5:26	75	54:54	104	54:54
Neue Ausspanne	13.90	1:09:48	5:01	49	22:34	56	22:34	47.86	4:14:23	5:18	63	1:17:28	79	1:17:28
Grenzdler	13.68	1:23:13	6:04	114	30:10	159	30:10	61.54	5:37:36	5:29	76	1:47:38	97	1:47:38
Allzunah	19.96	1:54:01	5:42	119	40:00	167	41:34	81.50	7:31:37	5:32	97	2:23:29	120	2:23:29
Masserberg	17.89	1:42:23	5:43	87	36:32	114	39:26	99.39	9:14:00	5:34	96	2:58:00	116	2:58:00
Neuhaus	19.86	1:41:22	5:06	45	25:34	67	31:00	119.25	10:55:22	5:29	80	3:16:09	99	3:16:09
Schildwiese	13.54	1:02:21	4:36	26	20:43	29	20:43	132.79	11:57:43	5:24	71	3:29:36	86	3:29:36
Grumbach	18.58	1:53:17	6:05	133	48:03	196	48:03	151.37	13:51:00	5:29	85	4:17:25	104	4:17:25
Blankenstein	17.60	1:37:48	5:33	97	34:04	138	34:04	168.97	15:28:48	5:29	86	4:50:26	105	4:50:26