



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Sömmerdaer Kranniche

□□□: 13:41:43

□□: 501

□□: 12.27 km/h

□□□□: 4:52 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 26 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 4(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:02:30	4:09	2	1:17	13	10:33	15.02	1:02:30	4:09	2	1:17	222	10:33
Kleiner Inselsber	18.94	1:24:40	4:28	3	1:03	9	8:28	33.96	2:27:10	4:20	2	0:11	222	17:29
Neue Ausspanne	13.90	1:34:30	6:47	56	29:30	205	47:16	47.86	4:01:40	5:02	8	29:24	225	1:04:45
Grenzdler	13.68	1:13:48	5:23	12	10:42	85	20:45	61.54	5:15:28	5:07	9	33:11	225	1:25:30
Allzunah	19.96	1:45:10	5:16	29	32:43	123	32:43	81.50	7:00:38	5:09	10	1:02:34	223	1:52:30
Masserberg	17.89	1:09:22	3:52	2	6:25	4	6:25	99.39	8:10:00	4:55	6	53:00	225	1:54:00
Neuhaus	19.86	1:17:53	3:55	3	7:31	6	7:31	119.25	9:27:53	4:45	4	59:38	225	1:48:40
Schildwiese	13.54	1:17:05	5:41	26	15:45	134	35:27	132.79	10:44:58	4:51	4	1:15:17	225	2:16:51
Grumbach	18.58	1:17:38	4:10	5	7:56	16	12:24	151.37	12:02:36	4:46	4	1:23:13	225	2:29:01
Blankenstein	17.60	1:39:07	5:37	37	25:38	151	35:23	168.97	13:41:43	4:51	4	1:46:47	26	3:03:21