



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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SC DHfK Leipzig

□□□: 13:56:48

□□: 546

□□: 12.05 km/h

□□□□: 4:57 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 35 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 6(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 15.02 | 1:18:52 | 5:15 | 34 | 17:39 | 128 | 26:55 | 15.02 | 1:18:52 | 5:15 | 34 | 17:39 | 222 | 26:55 |
| Kleiner Inselsber | 18.94 | 1:34:28 | 4:59 | 10 | 10:51 | 32 | 18:16 | 33.96 | 2:53:20 | 5:06 | 12 | 26:21 | 222 | 43:39 |
| Neue Ausspanne | 13.90 | 1:08:17 | 4:54 | 5 | 3:17 | 47 | 21:03 | 47.86 | 4:01:37 | 5:02 | 7 | 29:21 | 225 | 1:04:42 |
| Grenzdler | 13.68 | 1:09:04 | 5:02 | 5 | 5:58 | 50 | 16:01 | 61.54 | 5:10:41 | 5:02 | 6 | 28:24 | 37 | 1:20:43 |
| Allzunah | 19.96 | 1:42:19 | 5:07 | 23 | 29:52 | 104 | 29:52 | 81.50 | 6:53:00 | 5:04 | 9 | 54:56 | 223 | 1:44:52 |
| Masserberg | 17.89 | 1:22:00 | 4:35 | 6 | 19:03 | 26 | 19:03 | 99.39 | 8:15:00 | 4:58 | 7 | 58:00 | 36 | 1:59:00 |
| Neuhaus | 19.86 | 1:44:14 | 5:14 | 23 | 33:52 | 93 | 33:52 | 119.25 | 9:59:14 | 5:01 | 8 | 1:30:59 | 225 | 2:20:01 |
| Schildwiese | 13.54 | 1:08:54 | 5:05 | 12 | 7:34 | 70 | 27:16 | 132.79 | 11:08:08 | 5:01 | 6 | 1:38:27 | 225 | 2:40:01 |
| Grumbach | 18.58 | 1:25:52 | 4:37 | 12 | 16:10 | 42 | 20:38 | 151.37 | 12:34:00 | 4:58 | 6 | 1:54:37 | 36 | 3:00:25 |
| Blankenstein | 17.60 | 1:22:48 | 4:42 | 11 | 9:19 | 61 | 19:04 | 168.97 | 13:56:48 | 4:57 | 6 | 2:01:52 | 35 | 3:18:26 |