



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Laufteam Erfurt

□□□: 11:54:56

□□: 536

□□: 14.10 km/h

□□□□: 4:14 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 7 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 1(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:02:59	4:11	3	1:46	16	11:02	15.02	1:02:59	4:11	3	1:46	17	11:02
Kleiner Inselsber	18.94	1:24:00	4:26	2	0:23	7	7:48	33.96	2:26:59	4:19	1	-	222	17:18
Neue Ausspanne	13.90	1:05:17	4:41	2	0:17	38	18:03	47.86	3:32:16	4:26	1	-	225	35:21
Grenzdler	13.68	1:10:01	5:07	6	6:55	57	16:58	61.54	4:42:17	4:35	1	-	225	52:19
Allzunah	19.96	1:15:47	3:47	2	3:20	3	3:20	81.50	5:58:04	4:23	1	-	223	49:56
Masserberg	17.89	1:18:56	4:24	5	15:59	21	15:59	99.39	7:17:00	4:23	1	-	225	1:01:00
Neuhaus	19.86	1:11:15	3:35	2	0:53	2	0:53	119.25	8:28:15	4:15	1	-	225	49:02
Schildwiese	13.54	1:01:26	4:32	2	0:06	27	19:48	132.79	9:29:41	4:17	1	-	225	1:01:34
Grumbach	18.58	1:09:42	3:45	1	-	3	4:28	151.37	10:39:23	4:13	1	-	225	1:05:48
Blankenstein	17.60	1:15:33	4:17	2	2:04	20	11:49	168.97	11:54:56	4:13	1	-	7	1:16:34