



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Sport-Raßbach-Pleißgirls

□□□: 13:29:14

□□: 8

□□: 12.46 km/h
□□□□: 4:47 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 25 (of 225)

□□□□□□: 10:38:22

□□□□:
Frauenstaffel

□□□□□: 2(of 12)

□□□□□□□: 12:46:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:14:25	4:57	3	9:46	81	22:28	15.02	1:14:25	4:57	3	9:46	222	22:28
Kleiner Inselfber	18.94	1:27:21	4:36	1	-	12	11:09	33.96	2:41:46	4:45	2	0:03	222	32:05
Neue Ausspanne	13.90	58:51	4:14	1	-	10	11:37	47.86	3:40:37	4:36	1	-	225	43:42
Grenzdler	13.68	1:07:34	4:56	2	6:00	42	14:31	61.54	4:48:11	4:40	2	1:37	225	58:13
Allzunah	19.96	1:37:26	4:52	2	9:41	74	24:59	81.50	6:25:37	4:43	2	11:18	223	1:17:29
Masserberg	17.89	1:42:23	5:43	3	19:42	114	39:26	99.39	8:08:00	4:54	2	31:00	225	1:52:00
Neuhaus	19.86	1:38:16	4:56	3	4:08	49	27:54	119.25	9:46:16	4:54	2	35:08	225	2:07:03
Schildwiese	13.54	1:03:04	4:39	2	4:59	35	21:26	132.79	10:49:20	4:53	2	40:07	225	2:21:13
Grumbach	18.58	1:20:36	4:20	1	-	22	15:22	151.37	12:09:56	4:49	2	39:16	225	2:36:21
Blankenstein	17.60	1:19:18	4:30	3	3:52	37	15:34	168.97	13:29:14	4:47	2	43:08	25	2:50:52