



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Ratsrunners

□□□: 14:11:21

□□: 514

□□: 11.84 km/h
□□□□: 5:02 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 46 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 8(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:08:00	4:31	8	6:47	34	16:03	15.02	1:08:00	4:31	8	6:47	222	16:03
Kleiner Inselsber	18.94	1:47:44	5:41	27	24:07	120	31:32	33.96	2:55:44	5:10	14	28:45	222	46:03
Neue Ausspanne	13.90	1:10:24	5:03	7	5:24	64	23:10	47.86	4:06:08	5:08	10	33:52	225	1:09:13
Grenzadler	13.68	1:03:06	4:36	1	-	22	10:03	61.54	5:09:14	5:01	3	26:57	225	1:19:16
Allzunah	19.96	1:43:11	5:10	24	30:44	112	30:44	81.50	6:52:25	5:03	8	54:21	223	1:44:17
Masserberg	17.89	1:26:35	4:50	7	23:38	40	23:38	99.39	8:19:00	5:01	8	1:02:00	225	2:03:00
Neuhaus	19.86	1:36:00	4:50	10	25:38	38	25:38	119.25	9:55:00	4:59	5	1:26:45	225	2:15:47
Schildwiese	13.54	1:17:23	5:42	29	16:03	138	35:45	132.79	11:12:23	5:03	8	1:42:42	225	2:44:16
Grumbach	18.58	1:35:37	5:08	24	25:55	97	30:23	151.37	12:48:00	5:04	8	2:08:37	100	3:14:25
Blankenstein	17.60	1:23:21	4:44	12	9:52	63	19:37	168.97	14:11:21	5:02	8	2:16:25	46	3:32:59