



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Rennsteiglaufverein/ USV Erfurt

□□□: 10:59:13

□□: 228

□□: 15.29 km/h

□□□□: 3:54 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 3 (of 225)

□□□□□□: 10:38:22

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□□□□□: 3(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	54:39	3:38	2	2:42	2	2:42	15.02	54:39	3:38	2	2:42	2	2:42
Kleiner Inselsber	18.94	1:22:20	4:20	4	6:08	4	6:08	33.96	2:16:59	4:02	3	7:18	3	7:18
Neue Ausspanne	13.90	52:38	3:47	3	5:24	3	5:24	47.86	3:09:37	3:57	3	12:42	3	12:42
Grenzdler	13.68	56:14	4:06	5	3:11	5	3:11	61.54	4:05:51	3:59	3	15:53	3	15:53
Allzunah	19.96	1:17:31	3:53	4	3:30	6	5:04	81.50	5:23:22	3:58	3	15:14	3	15:14
Masserberg	17.89	1:10:38	3:56	3	4:47	6	7:41	99.39	6:34:00	3:57	3	18:00	3	18:00
Neuhaus	19.86	1:15:48	3:49	1	-	3	5:26	119.25	7:49:48	3:56	3	10:35	3	10:35
Schildwiese	13.54	50:31	3:43	4	8:53	4	8:53	132.79	8:40:19	3:55	3	12:12	3	12:12
Grumbach	18.58	1:14:47	4:01	7	9:33	10	9:33	151.37	9:55:06	3:55	3	21:31	3	21:31
Blankenstein	17.60	1:04:07	3:38	3	0:23	3	0:23	168.97	10:59:13	3:54	3	20:51	3	20:51