



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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USV Erfurt Mix

□□□: 14:38:16

□□: 530

□□: 11.48 km/h

□□□□: 5:12 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 62 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 11(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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| □□□               | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□    | □□□      | □□   | □□ | □□      | □□          |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|------|----|---------|-------------|
| Hohe Sonne        | 15.02    | 1:07:58         | 4:31    | 7       | 6:45      | 33        | 16:01 | 15.02  | 1:07:58  | 4:31 | 7  | 6:45    | 222 16:01   |
| Kleiner Inselsber | 18.94    | 1:33:03         | 4:54    | 8       | 9:26      | 28        | 16:51 | 33.96  | 2:41:01  | 4:44 | 7  | 14:02   | 222 31:20   |
| Neue Ausspanne    | 13.90    | 1:13:15         | 5:16    | 11      | 8:15      | 84        | 26:01 | 47.86  | 3:54:16  | 4:53 | 5  | 22:00   | 225 57:21   |
| Grenzadler        | 13.68    | 1:15:57         | 5:33    | 15      | 12:51     | 98        | 22:54 | 61.54  | 5:10:13  | 5:02 | 5  | 27:56   | 225 1:20:15 |
| Allzunah          | 19.96    | 1:35:30         | 4:47    | 11      | 23:03     | 60        | 23:03 | 81.50  | 6:45:43  | 4:58 | 6  | 47:39   | 223 1:37:35 |
| Masserberg        | 17.89    | 1:36:17         | 5:22    | 18      | 33:20     | 80        | 33:20 | 99.39  | 8:22:00  | 5:03 | 9  | 1:05:00 | 225 2:06:00 |
| Neuhaus           | 19.86    | 1:37:30         | 4:54    | 13      | 27:08     | 45        | 27:08 | 119.25 | 9:59:30  | 5:01 | 9  | 1:31:15 | 225 2:20:17 |
| Schildwiese       | 13.54    | 1:28:59         | 6:34    | 58      | 27:39     | 204       | 47:21 | 132.79 | 11:28:29 | 5:11 | 10 | 1:58:48 | 225 3:00:22 |
| Grumbach          | 18.58    | 1:39:31         | 5:21    | 29      | 29:49     | 127       | 34:17 | 151.37 | 13:08:00 | 5:12 | 11 | 2:28:37 | 63 3:34:25  |
| Blankenstein      | 17.60    | 1:30:16         | 5:07    | 18      | 16:47     | 93        | 26:32 | 168.97 | 14:38:16 | 5:11 | 11 | 2:43:20 | 62 3:59:54  |