



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Laufexpress Rudolstadt

□□□: 13:46:44

□□: 117

□□: 12.19 km/h

□□□□: 4:53 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 28 (of 225)

□□□□□□: 10:38:22

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□□□□□: 22(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:12:44	4:50	42	20:47	61	20:47	15.02	1:12:44	4:50	42	20:47	61	20:47
Kleiner Inselsber	18.94	1:32:40	4:53	17	16:28	24	16:28	33.96	2:45:24	4:52	20	35:43	29	35:43
Neue Ausspanne	13.90	1:06:10	4:45	35	18:56	39	18:56	47.86	3:51:34	4:50	19	54:39	24	54:39
Grenzdler	13.68	1:05:53	4:48	31	12:50	35	12:50	61.54	4:57:27	4:50	21	1:07:29	25	1:07:29
Allzunah	19.96	1:56:15	5:49	124	42:14	175	43:48	81.50	6:53:42	5:04	36	1:45:34	48	1:45:34
Masserberg	17.89	1:26:18	4:49	31	20:27	38	23:21	99.39	8:20:00	5:01	29	2:04:00	39	2:04:00
Neuhaus	19.86	1:33:34	4:42	22	17:46	28	23:12	119.25	9:53:34	4:58	26	2:14:21	32	2:14:21
Schildwiese	13.54	1:04:25	4:45	36	22:47	41	22:47	132.79	10:57:59	4:57	26	2:29:52	32	2:29:52
Grumbach	18.58	1:27:01	4:41	36	21:47	51	21:47	151.37	12:25:00	4:55	24	2:51:25	31	2:51:25
Blankenstein	17.60	1:21:44	4:38	41	18:00	52	18:00	168.97	13:46:44	4:53	22	3:08:22	28	3:08:22