



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Laufkundschaft

□□□: 13:51:53

□□: 234

□□: 12.12 km/h

□□□□: 4:55 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 32 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 26(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Hohe Sonne	15.02	1:22:03	5:27	109	30:06	150	30:06	15.02	1:22:03	5:27	109	30:06	150	30:06
Kleiner Inselsber	18.94	1:28:13	4:39	10	12:01	15	12:01	33.96	2:50:16	5:00	29	40:35	41	40:35
Neue Ausspanne	13.90	1:11:03	5:06	58	23:49	70	23:49	47.86	4:01:19	5:02	31	1:04:24	40	1:04:24
Grenzdler	13.68	1:11:34	5:13	56	18:31	69	18:31	61.54	5:12:53	5:05	30	1:22:55	40	1:22:55
Allzunah	19.96	1:43:00	5:09	83	28:59	110	30:33	81.50	6:55:53	5:06	39	1:47:45	51	1:47:45
Masserberg	17.89	1:18:09	4:22	16	12:18	20	15:12	99.39	8:14:02	4:58	26	1:58:02	34	1:58:02
Neuhaus	19.86	1:43:59	5:14	64	28:11	90	33:37	119.25	9:58:01	5:00	27	2:18:48	35	2:18:48
Schildwiese	13.54	1:13:29	5:25	82	31:51	108	31:51	132.79	11:11:30	5:03	32	2:43:23	41	2:43:23
Grumbach	18.58	1:23:30	4:29	22	18:16	31	18:16	151.37	12:35:00	4:59	29	3:01:25	38	3:01:25
Blankenstein	17.60	1:16:53	4:22	21	13:09	25	13:09	168.97	13:51:53	4:55	26	3:13:31	32	3:13:31