



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Harzer Teufel powered by Michel Ingenieure: 1:25:55

□□: 105

□□: 14.70 km/h  
 □□□□: 4:04 min/km

□□: 168.97 km  
 Hörschel-Blankenstein

□□□□□: 5 (of 225)  
 □□□□□□: 10:38:22

□□□□:  
 Männerstaffel

□□□□□: 5 (of 147)  
 □□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:00:40	4:02	8	8:43	8	8:43	15.02	1:00:40	4:02	8	8:43	8	8:43
Kleiner Inselsber	18.94	1:29:53	4:44	12	13:41	17	13:41	33.96	2:30:33	4:25	10	20:52	12	20:52
Neue Ausspanne	13.90	56:01	4:01	8	8:47	8	8:47	47.86	3:26:34	4:18	7	29:39	7	29:39
Grenzadler	13.68	56:21	4:07	6	3:18	6	3:18	61.54	4:22:55	4:16	7	32:57	7	32:57
Allzunah	19.96	1:18:12	3:55	6	4:11	9	5:45	81.50	5:41:07	4:11	5	32:59	5	32:59
Masserberg	17.89	1:13:53	4:07	9	8:02	13	10:56	99.39	6:55:00	4:10	5	39:00	5	39:00
Neuhaus	19.86	1:25:34	4:18	8	9:46	11	15:12	119.25	8:20:34	4:11	5	41:21	5	41:21
Schildwiese	13.54	50:27	3:43	3	8:49	3	8:49	132.79	9:11:01	4:08	5	42:54	5	42:54
Grumbach	18.58	1:11:10	3:49	3	5:56	4	5:56	151.37	10:22:11	4:06	5	48:36	5	48:36
Blankenstein	17.60	1:03:44	3:37	1	-	1	-	168.97	11:25:55	4:03	5	47:33	5	47:33