



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Run for the Kids

□□□: 13:58:39

□□: 239

□□: 12.02 km/h

□□□□: 4:58 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 38 (of 225)

□□□□□□: 10:38:22

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□□□□□: 29(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:00:49	4:02	9	8:52	9	8:52	15.02	1:00:49	4:02	9	8:52	9	8:52
Kleiner Inselsber	18.94	1:24:01	4:26	6	7:49	8	7:49	33.96	2:24:50	4:15	6	15:09	6	15:09
Neue Ausspanne	13.90	1:08:35	4:56	41	21:21	48	21:21	47.86	3:33:25	4:27	12	36:30	13	36:30
Grenzadler	13.68	1:05:48	4:48	30	12:45	34	12:45	61.54	4:39:13	4:32	12	49:15	12	49:15
Allzunah	19.96	1:28:02	4:24	22	14:01	27	15:35	81.50	6:07:15	4:30	13	59:07	15	59:07
Masserberg	17.89	1:26:45	4:50	33	20:54	41	23:48	99.39	7:34:00	4:34	16	1:18:00	17	1:18:00
Neuhaus	19.86	2:14:57	6:47	140	59:09	214	1:04:35	119.25	9:48:57	4:56	22	2:09:44	28	2:09:44
Schildwiese	13.54	53:56	3:58	8	12:18	8	12:18	132.79	10:42:53	4:50	21	2:14:46	25	2:14:46
Grumbach	18.58	1:37:07	5:13	79	31:53	106	31:53	151.37	12:20:00	4:53	21	2:46:25	28	2:46:25
Blankenstein	17.60	1:38:39	5:36	101	34:55	145	34:55	168.97	13:58:39	4:57	29	3:20:17	38	3:20:17