



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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DKB Rennsteigexpress

□□□: 14:09:38

□□: 112

□□: 11.86 km/h

□□□□: 5:02 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 42 (of 225)

□□□□□□: 10:38:22

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□□□□□: 32(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Hohe Sonne	15.02	1:10:54	4:43	33	18:57	46	18:57	15.02	1:10:54	4:43	33	18:57	46	18:57
Kleiner Inselsber	18.94	1:46:21	5:36	81	30:09	110	30:09	33.96	2:57:15	5:13	49	47:34	67	47:34
Neue Ausspanne	13.90	1:00:35	4:21	14	13:21	15	13:21	47.86	3:57:50	4:58	27	1:00:55	35	1:00:55
Grenzdler	13.68	1:12:51	5:19	62	19:48	77	19:48	61.54	5:10:41	5:02	29	1:20:43	37	1:20:43
Allzunah	19.96	1:32:07	4:36	35	18:06	43	19:40	81.50	6:42:48	4:56	26	1:34:40	32	1:34:40
Masserberg	17.89	1:32:12	5:09	47	26:21	59	29:15	99.39	8:15:00	4:58	27	1:59:00	36	1:59:00
Neuhaus	19.86	1:46:58	5:23	74	31:10	106	36:36	119.25	10:01:58	5:02	29	2:22:45	40	2:22:45
Schildwiese	13.54	1:03:30	4:41	32	21:52	37	21:52	132.79	11:05:28	5:00	30	2:37:21	36	2:37:21
Grumbach	18.58	1:26:32	4:39	34	21:18	49	21:18	151.37	12:32:00	4:58	27	2:58:25	34	2:58:25
Blankenstein	17.60	1:37:38	5:32	95	33:54	134	33:54	168.97	14:09:38	5:01	32	3:31:16	42	3:31:16