



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Schlußleuchten

□□□: 15:20:56

□□: 519

□□: 10.95 km/h

□□□□: 5:27 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 100 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 16(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hohe Sonne	15.02	1:29:48	5:58	53	28:35	196	37:51	15.02	1:29:48	5:58	53	28:35	222	37:51
Kleiner Inselsber	18.94	1:49:32	5:46	30	25:55	133	33:20	33.96	3:19:20	5:52	46	52:21	222	1:09:39
Neue Ausspanne	13.90	1:17:13	5:33	13	12:13	109	29:59	47.86	4:36:33	5:46	39	1:04:17	225	1:39:38
Grenzadler	13.68	1:17:31	5:39	21	14:25	113	24:28	61.54	5:54:04	5:45	29	1:11:47	225	2:04:06
Allzunah	19.96	1:40:14	5:01	17	27:47	87	27:47	81.50	7:34:18	5:34	24	1:36:14	223	2:26:10
Masserberg	17.89	1:45:42	5:54	29	42:45	135	42:45	99.39	9:20:00	5:38	19	2:03:00	126	3:04:00
Neuhaus	19.86	1:39:55	5:01	16	29:33	58	29:33	119.25	10:59:55	5:32	17	2:31:40	225	3:20:42
Schildwiese	13.54	1:14:23	5:29	18	13:03	115	32:45	132.79	12:14:18	5:31	18	2:44:37	225	3:46:11
Grumbach	18.58	1:29:42	4:49	15	20:00	66	24:28	151.37	13:44:00	5:26	14	3:04:37	171	4:10:25
Blankenstein	17.60	1:36:56	5:30	26	23:27	128	33:12	168.97	15:20:56	5:27	16	3:26:00	100	4:42:34