



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Oßwald Skikas

□□□: 12:46:06

□□: 9

□□: 13.16 km/h

□□□□: 4:32 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 14 (of 225)

□□□□□□: 10:38:22

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□□□□□: 1(of 12)

Frauenstaffel

□□□□□□□: 12:46:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:04:39	4:18	1	-	19	12:42	15.02	1:04:39	4:18	1	-	222	12:42
Kleiner Inselfber	18.94	1:37:04	5:07	2	9:43	46	20:52	33.96	2:41:43	4:45	1	-	222	32:02
Neue Ausspanne	13.90	1:03:17	4:33	2	4:26	21	16:03	47.86	3:45:00	4:42	2	4:23	225	48:05
Grenzdler	13.68	1:01:34	4:30	1	-	15	8:31	61.54	4:46:34	4:39	1	-	225	56:36
Allzunah	19.96	1:27:45	4:23	1	-	24	15:18	81.50	6:14:19	4:35	1	-	223	1:06:11
Masserberg	17.89	1:22:41	4:37	1	-	29	19:44	99.39	7:37:00	4:35	1	-	225	1:21:00
Neuhaus	19.86	1:34:08	4:44	1	-	31	23:46	119.25	9:11:08	4:37	1	-	225	1:31:55
Schildwiese	13.54	58:05	4:17	1	-	17	16:27	132.79	10:09:13	4:35	1	-	225	1:41:06
Grumbach	18.58	1:21:27	4:23	2	0:51	26	16:13	151.37	11:30:40	4:33	1	-	225	1:57:05
Blankenstein	17.60	1:15:26	4:17	1	-	19	11:42	168.97	12:46:06	4:32	1	-	14	2:07:44