



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Gehlberger Waldstrolche

□□□: 14:38:12

□□: 132

□□: 11.48 km/h

□□□□: 5:12 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 61 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 48(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:27:48	5:50	131	35:51	188	35:51	15.02	1:27:48	5:50	131	35:51	188	35:51
Kleiner Inselsber	18.94	1:36:34	5:05	29	20:22	42	20:22	33.96	3:04:22	5:25	74	54:41	102	54:41
Neue Ausspanne	13.90	1:03:55	4:35	21	16:41	23	16:41	47.86	4:08:17	5:11	48	1:11:22	62	1:11:22
Grenzadler	13.68	1:08:44	5:01	40	15:41	46	15:41	61.54	5:17:01	5:09	38	1:27:03	50	1:27:03
Allzunah	19.96	1:50:45	5:32	111	36:44	155	38:18	81.50	7:07:46	5:14	59	1:59:38	74	1:59:38
Masserberg	17.89	1:34:14	5:16	54	28:23	69	31:17	99.39	8:42:00	5:15	50	2:26:00	63	2:26:00
Neuhaus	19.86	1:39:06	4:59	37	23:18	54	28:44	119.25	10:21:06	5:12	48	2:41:53	61	2:41:53
Schildwiese	13.54	1:00:59	4:30	24	19:21	25	19:21	132.79	11:22:05	5:08	35	2:53:58	46	2:53:58
Grumbach	18.58	1:37:55	5:16	88	32:41	116	32:41	151.37	13:00:00	5:09	43	3:26:25	54	3:26:25
Blankenstein	17.60	1:38:12	5:34	98	34:28	140	34:28	168.97	14:38:12	5:11	48	3:59:50	61	3:59:50