



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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OSKAR

□□: 165

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 14:39:21

□□: 11.46 km/h

□□□□: 5:12 min/km

□□□□□: 63 (of 225)

□□□□□□: 10:38:22

□□□□□: 49(of 147)

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:24:42	5:38	121	32:45	173	32:45	15.02	1:24:42	5:38	121	32:45	173	32:45
Kleiner Inselsber	18.94	1:48:20	5:43	92	32:08	124	32:08	33.96	3:13:02	5:41	114	1:03:21	154	1:03:21
Neue Ausspanne	13.90	1:00:31	4:21	13	13:17	14	13:17	47.86	4:13:33	5:17	62	1:16:38	76	1:16:38
Grenzadler	13.68	1:20:47	5:54	102	27:44	140	27:44	61.54	5:34:20	5:25	70	1:44:22	90	1:44:22
Allzunah	19.96	1:36:19	4:49	52	22:18	65	23:52	81.50	7:10:39	5:17	65	2:02:31	80	2:02:31
Masserberg	17.89	1:46:21	5:56	107	40:30	142	43:24	99.39	8:57:00	5:24	70	2:41:00	85	2:41:00
Neuhaus	19.86	1:26:20	4:20	10	10:32	13	15:58	119.25	10:23:20	5:13	50	2:44:07	63	2:44:07
Schildwiese	13.54	1:11:28	5:16	72	29:50	92	29:50	132.79	11:34:48	5:13	49	3:06:41	62	3:06:41
Grumbach	18.58	1:34:12	5:04	65	28:58	87	28:58	151.37	13:09:00	5:12	51	3:35:25	65	3:35:25
Blankenstein	17.60	1:30:21	5:08	73	26:37	95	26:37	168.97	14:39:21	5:12	49	4:00:59	63	4:00:59