



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Vorwärts Rückwärts Oberschönau

□□□: 14:44:39

□□: 133

□□: 11.39 km/h

□□□□: 5:14 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 66 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 52(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:07:39	4:30	24	15:42	30	15:42	15.02	1:07:39	4:30	24	15:42	30	15:42
Kleiner Inselsber	18.94	1:41:24	5:21	52	25:12	72	25:12	33.96	2:49:03	4:58	25	39:22	36	39:22
Neue Ausspanne	13.90	1:14:42	5:22	74	27:28	89	27:28	47.86	4:03:45	5:05	39	1:06:50	50	1:06:50
Grenzadler	13.68	1:03:13	4:37	21	10:10	23	10:10	61.54	5:06:58	4:59	26	1:17:00	30	1:17:00
Allzunah	19.96	1:37:19	4:52	58	23:18	72	24:52	81.50	6:44:17	4:57	28	1:36:09	35	1:36:09
Masserberg	17.89	1:39:43	5:34	77	33:52	100	36:46	99.39	8:24:00	5:04	33	2:08:00	45	2:08:00
Neuhaus	19.86	1:49:36	5:31	83	33:48	119	39:14	119.25	10:13:36	5:08	39	2:34:23	52	2:34:23
Schildwiese	13.54	1:17:38	5:44	102	36:00	140	36:00	132.79	11:31:14	5:12	46	3:03:07	59	3:03:07
Grumbach	18.58	1:36:46	5:12	77	31:32	104	31:32	151.37	13:08:00	5:12	49	3:34:25	63	3:34:25
Blankenstein	17.60	1:36:39	5:29	93	32:55	126	32:55	168.97	14:44:39	5:14	52	4:06:17	66	4:06:17