



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Benses City Runners

□□□: 14:14:30

□□: 173

□□: 11.80 km/h

□□□□: 5:04 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 48 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 37(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hohe Sonne	15.02	1:14:45	4:58	60	22:48	85	22:48	15.02	1:14:45	4:58	60	22:48	85	22:48
Kleiner Inselsber	18.94	1:38:20	5:11	37	22:08	53	22:08	33.96	2:53:05	5:05	38	43:24	52	43:24
Neue Ausspanne	13.90	1:10:59	5:06	56	23:45	68	23:45	47.86	4:04:04	5:05	41	1:07:09	52	1:07:09
Grenzdler	13.68	1:26:16	6:18	124	33:13	181	33:13	61.54	5:30:20	5:22	62	1:40:22	78	1:40:22
Allzunah	19.96	1:25:29	4:16	16	11:28	20	13:02	81.50	6:55:49	5:06	38	1:47:41	50	1:47:41
Masserberg	17.89	1:35:11	5:19	55	29:20	72	32:14	99.39	8:31:00	5:08	38	2:15:00	51	2:15:00
Neuhaus	19.86	1:42:02	5:08	47	26:14	69	31:40	119.25	10:13:02	5:08	38	2:33:49	51	2:33:49
Schildwiese	13.54	1:10:11	5:11	62	28:33	79	28:33	132.79	11:23:13	5:08	36	2:55:06	47	2:55:06
Grumbach	18.58	1:16:47	4:07	10	11:33	14	11:33	151.37	12:40:00	5:01	31	3:06:25	40	3:06:25
Blankenstein	17.60	1:34:30	5:22	88	30:46	117	30:46	168.97	14:14:30	5:03	37	3:36:08	48	3:36:08