



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Bootcamper-Boot it up

□□□: 15:53:49

□□: 529

□□: 10.57 km/h

□□□□: 5:38 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 137 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 24(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:21:17	5:24	37	20:04	147	29:20	15.02	1:21:17	5:24	37	20:04	222	29:20
Kleiner Inselfber	18.94	1:50:52	5:51	32	27:15	141	34:40	33.96	3:12:09	5:39	34	45:10	145	1:02:28
Neue Ausspanne	13.90	1:09:48	5:01	6	4:48	56	22:34	47.86	4:21:57	5:28	22	49:41	225	1:25:02
Grenzdler	13.68	1:32:36	6:46	56	29:30	205	39:33	61.54	5:54:33	5:45	30	1:12:16	225	2:04:35
Allzunah	19.96	1:38:45	4:56	15	26:18	79	26:18	81.50	7:33:18	5:33	23	1:35:14	223	2:25:10
Masserberg	17.89	1:53:42	6:21	41	50:45	177	50:45	99.39	9:27:00	5:42	24	2:10:00	139	3:11:00
Neuhaus	19.86	2:00:42	6:04	50	50:20	177	50:20	119.25	11:27:42	5:46	36	2:59:27	225	3:48:29
Schildwiese	13.54	1:06:25	4:54	7	5:05	51	24:47	132.79	12:34:07	5:40	23	3:04:26	225	4:06:00
Grumbach	18.58	1:46:53	5:45	43	37:11	170	41:39	151.37	14:21:00	5:41	29	3:41:37	202	4:47:25
Blankenstein	17.60	1:32:49	5:16	22	19:20	106	29:05	168.97	15:53:49	5:38	24	3:58:53	137	5:15:27