



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

0000

fat fighters

00: 179

00: 168.97 km

Hörschel-Blankenstein

0000:

Männerstaffel

000: 14:54:44

00: 11.27 km/h

0000: 5:18 min/km

00000: 70 (of 225)

000000: 10:38:22

00000: 55(of 147)

0000000: 10:38:22

0000

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Hohe Sonne	15.02	1:22:33	5:29	113	30:36	157	30:36	15.02	1:22:33	5:29	113	30:36	157	30:36
Kleiner Inselsber	18.94	1:40:33	5:18	47	24:21	66	24:21	33.96	3:03:06	5:23	69	53:25	96	53:25
Neue Ausspanne	13.90	1:08:57	4:57	44	21:43	51	21:43	47.86	4:12:03	5:15	56	1:15:08	70	1:15:08
Grenzdler	13.68	1:27:35	6:24	128	34:32	187	34:32	61.54	5:39:38	5:31	82	1:49:40	103	1:49:40
Allzunah	19.96	1:38:04	4:54	61	24:03	77	25:37	81.50	7:17:42	5:22	74	2:09:34	91	2:09:34
Masserberg	17.89	1:30:18	5:02	39	24:27	51	27:21	99.39	8:48:00	5:18	58	2:32:00	71	2:32:00
Neuhaus	19.86	1:42:05	5:08	48	26:17	70	31:43	119.25	10:30:05	5:17	55	2:50:52	68	2:50:52
Schildwiese	13.54	1:12:05	5:19	76	30:27	99	30:27	132.79	11:42:10	5:17	58	3:14:03	71	3:14:03
Grumbach	18.58	1:47:50	5:48	122	42:36	174	42:36	151.37	13:30:00	5:21	60	3:56:25	75	3:56:25
Blankenstein	17.60	1:24:44	4:48	52	21:00	67	21:00	168.97	14:54:44	5:17	55	4:16:22	70	4:16:22