



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Leipziger Laufteam

□□□: 15:55:59

□□: 535

□□: 10.54 km/h
□□□□: 5:40 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 138 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 25(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Hohe Sonne	15.02	1:13:18	4:52	20	12:05	67	21:21	15.02	1:13:18	4:52	20	12:05	222	21:21
Kleiner Inselsber	18.94	2:00:31	6:21	53	36:54	192	44:19	33.96	3:13:49	5:42	37	46:50	222	1:04:08
Neue Ausspanne	13.90	1:19:45	5:44	20	14:45	124	32:31	47.86	4:33:34	5:42	35	1:01:18	225	1:36:39
Grenzadler	13.68	1:25:22	6:14	45	22:16	173	32:19	61.54	5:58:56	5:49	35	1:16:39	225	2:08:58
Allzunah	19.96	1:45:00	5:15	28	32:33	122	32:33	81.50	7:43:56	5:41	27	1:45:52	223	2:35:48
Masserberg	17.89	1:50:04	6:09	37	47:07	164	47:07	99.39	9:34:00	5:46	30	2:17:00	159	3:18:00
Neuhaus	19.86	1:35:48	4:49	9	25:26	37	25:26	119.25	11:09:48	5:37	21	2:41:33	225	3:30:35
Schildwiese	13.54	1:19:30	5:52	38	18:10	154	37:52	132.79	12:29:18	5:38	22	2:59:37	225	4:01:11
Grumbach	18.58	1:55:42	6:13	56	46:00	202	50:28	151.37	14:25:00	5:42	31	3:45:37	148	4:51:25
Blankenstein	17.60	1:30:59	5:10	19	17:30	100	27:15	168.97	15:55:59	5:39	25	4:01:03	138	5:17:37