



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Faulunger Muskricken

□□□: 14:58:22

□□: 126

□□: 11.22 km/h

□□□□: 5:19 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 72 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 56(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:19:07	5:16	92	27:10	131	27:10	15.02	1:19:07	5:16	92	27:10	131	27:10
Kleiner Inselsber	18.94	1:51:11	5:52	105	34:59	143	34:59	33.96	3:10:18	5:36	99	1:00:37	137	1:00:37
Neue Ausspanne	13.90	1:15:08	5:24	79	27:54	94	27:54	47.86	4:25:26	5:32	85	1:28:31	115	1:28:31
Grenzdler	13.68	57:59	4:14	8	4:56	8	4:56	61.54	5:23:25	5:15	49	1:33:27	63	1:33:27
Allzunah	19.96	1:25:11	4:16	14	11:10	18	12:44	81.50	6:48:36	5:00	32	1:40:28	40	1:40:28
Masserberg	17.89	1:40:24	5:36	79	34:33	102	37:27	99.39	8:29:00	5:07	36	2:13:00	49	2:13:00
Neuhaus	19.86	2:12:19	6:39	139	56:31	211	1:01:57	119.25	10:41:19	5:22	64	3:02:06	78	3:02:06
Schildwiese	13.54	1:23:18	6:09	124	41:40	184	41:40	132.79	12:04:37	5:27	79	3:36:30	95	3:36:30
Grumbach	18.58	1:42:13	5:30	107	36:59	147	36:59	151.37	13:46:50	5:27	80	4:13:15	98	4:13:15
Blankenstein	17.60	1:11:32	4:03	10	7:48	10	7:48	168.97	14:58:22	5:19	56	4:20:00	72	4:20:00