



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

0000

cool runnings

00: 510

00: 168.97 km

Hörschel-Blankenstein

0000:

Mixstaffel

000: 16:00:19

00: 10.50 km/h

0000: 5:41 min/km

00000: 144 (of 225)

000000: 10:38:22

00000: 27(of 66)

0000000: 11:54:56

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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	1:28:44	5:54	52	27:31	191	36:47	15.02	1:28:44	5:54	52	27:31	222	36:47
Kleiner Inselsber	18.94	1:54:32	6:02	43	30:55	166	38:20	33.96	3:23:16	5:59	52	56:17	222	1:13:35
Neue Ausspanne	13.90	1:30:10	6:29	51	25:10	194	42:56	47.86	4:53:26	6:07	53	1:21:10	225	1:56:31
Grenzdler	13.68	1:18:57	5:46	25	15:51	128	25:54	61.54	6:12:23	6:03	49	1:30:06	225	2:22:25
Allzunah	19.96	1:58:22	5:55	47	45:55	185	45:55	81.50	8:10:45	6:01	50	2:12:41	223	3:02:37
Masserberg	17.89	1:56:15	6:29	47	53:18	191	53:18	99.39	10:07:00	6:06	55	2:50:00	225	3:51:00
Neuhaus	19.86	1:42:57	5:11	21	32:35	77	32:35	119.25	11:49:57	5:57	44	3:21:42	225	4:10:44
Schildwiese	13.54	1:08:32	5:03	11	7:12	69	26:54	132.79	12:58:29	5:51	40	3:28:48	225	4:30:22
Grumbach	18.58	1:34:31	5:05	21	24:49	89	29:17	151.37	14:33:00	5:46	34	3:53:37	225	4:59:25
Blankenstein	17.60	1:27:19	4:57	14	13:50	78	23:35	168.97	16:00:19	5:41	27	4:05:23	144	5:21:57