



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Heyeröder Hainichläufer

□□□: 14:58:43

□□: 140

□□: 11.22 km/h

□□□□: 5:19 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 74 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 58(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hohe Sonne	15.02	1:13:35	4:53	52	21:38	74	21:38	15.02	1:13:35	4:53	52	21:38	74	21:38
Kleiner Inselfber	18.94	1:44:57	5:32	67	28:45	92	28:45	33.96	2:58:32	5:15	54	48:51	74	48:51
Neue Ausspanne	13.90	1:04:36	4:38	31	17:22	33	17:22	47.86	4:03:08	5:04	35	1:06:13	46	1:06:13
Grenzdler	13.68	1:11:35	5:13	57	18:32	70	18:32	61.54	5:14:43	5:06	34	1:24:45	45	1:24:45
Allzunah	19.96	1:52:11	5:37	113	38:10	158	39:44	81.50	7:06:54	5:14	57	1:58:46	72	1:58:46
Masserberg	17.89	1:49:06	6:05	118	43:15	156	46:09	99.39	8:56:00	5:23	67	2:40:00	82	2:40:00
Neuhaus	19.86	1:32:31	4:39	20	16:43	26	22:09	119.25	10:28:31	5:16	53	2:49:18	66	2:49:18
Schildwiese	13.54	1:07:30	4:59	46	25:52	59	25:52	132.79	11:36:01	5:14	50	3:07:54	63	3:07:54
Grumbach	18.58	1:43:59	5:35	113	38:45	159	38:45	151.37	13:20:00	5:17	56	3:46:25	71	3:46:25
Blankenstein	17.60	1:38:43	5:36	103	34:59	147	34:59	168.97	14:58:43	5:19	58	4:20:21	74	4:20:21