



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Schillermix Laufclub Rudolstadt

□□□: 16:00:20

□□: 221

□□: 10.50 km/h

□□□□: 5:41 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 145 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 28(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hohe Sonne	15.02	1:12:16	4:48	15	11:03	56	20:19	15.02	1:12:16	4:48	15	11:03	222 20:19
Kleiner Inselsber	18.94	1:52:15	5:55	38	28:38	153	36:03	33.96	3:04:31	5:26	25	37:32	222 54:50
Neue Ausspanne	13.90	1:24:36	6:05	38	19:36	171	37:22	47.86	4:29:07	5:37	31	56:51	225 1:32:12
Grenzadler	13.68	1:31:37	6:41	54	28:31	200	38:34	61.54	6:00:44	5:51	39	1:18:27	225 2:10:46
Allzunah	19.96	1:56:47	5:51	45	44:20	177	44:20	81.50	7:57:31	5:51	40	1:59:27	223 2:49:23
Masserberg	17.89	1:41:29	5:40	24	38:32	108	38:32	99.39	9:39:00	5:49	35	2:22:00	225 3:23:00
Neuhaus	19.86	1:34:32	4:45	7	24:10	32	24:10	119.25	11:13:32	5:38	24	2:45:17	225 3:34:19
Schildwiese	13.54	1:24:26	6:14	54	23:06	191	42:48	132.79	12:37:58	5:42	27	3:08:17	225 4:09:51
Grumbach	18.58	1:39:02	5:19	26	29:20	124	33:48	151.37	14:17:00	5:39	25	3:37:37	225 4:43:25
Blankenstein	17.60	1:43:20	5:52	42	29:51	174	39:36	168.97	16:00:20	5:41	28	4:05:24	145 5:21:58