



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Energy Runners - Siemens Energy Generatorwerk Er

□□: 204

□□: 169.10 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□: 10.71 km/h

□□□□: 5:35 min/km

□□□□□: 110 (of 184)

□□□□□□: 10:44:49

□□□□□: 81(of 117)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:30:15	6:26	103	35:33	145	35:33	14.00	1:30:15	6:26	103	35:33	145	35:33
Grenzwiese/Kleir	19.60	1:44:04	5:18	66	27:18	91	27:18	33.60	3:14:19	5:46	86	1:02:51	113	1:02:51
Neue Ausspanne	14.00	1:15:41	5:24	56	24:25	75	26:01	47.60	4:30:00	5:40	79	1:27:16	101	1:27:16
Grenzdler (Ober	13.60	1:12:13	5:18	42	22:31	52	22:31	61.20	5:42:13	5:35	68	1:45:56	85	1:45:56
Allzunah	20.00	1:41:42	5:05	64	29:37	94	29:44	81.20	7:23:55	5:28	69	2:12:25	85	2:12:25
Masserberg (Ren	17.80	1:50:26	6:12	96	40:17	147	40:17	99.00	9:14:21	5:35	76	2:52:42	102	2:52:42
Neuhaus (Rennst	20.10	1:31:59	4:34	25	17:07	35	17:07	119.10	10:46:20	5:25	60	3:09:49	78	3:09:49
Wanderhütte an	13.70	1:20:52	5:54	82	29:29	118	29:29	132.80	12:07:12	5:28	64	3:36:53	84	3:36:53
Brennersgrün	16.00	1:35:57	5:59	88	36:55	131	36:55	148.80	13:43:09	5:31	72	4:12:21	94	4:12:21
Blankenstein	20.30	2:03:14	6:04	103	49:13	160	1:11:58	169.10	15:46:23	5:35	81	5:01:34	110	5:01:34