



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Mittwochslaufrunde

□□□: 15:48:06

□□: 207

□□: 10.70 km/h

□□□□: 5:36 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 111 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 82(of 117)

Männerstaffel

□□□□□□□: 10:44:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:25:44	6:07	94	31:02	124	31:02	14.00	1:25:44	6:07	94	31:02	124	31:02
Grenzwiese/Kleir	19.60	1:48:48	5:33	80	32:02	109	32:02	33.60	3:14:32	5:47	87	1:03:04	115	1:03:04
Neue Ausspanne	14.00	1:22:09	5:52	84	30:53	119	32:29	47.60	4:36:41	5:48	92	1:33:57	121	1:33:57
Grenzdler (Ober	13.60	1:22:50	6:05	90	33:08	124	33:08	61.20	5:59:31	5:52	95	2:03:14	125	2:03:14
Allzunah	20.00	1:42:48	5:08	71	30:43	106	30:50	81.20	7:42:19	5:41	88	2:30:49	119	2:30:49
Masserberg (Ren	17.80	1:34:27	5:18	57	24:18	79	24:18	99.00	9:16:46	5:37	79	2:55:07	106	2:55:07
Neuhaus (Rennst	20.10	1:44:09	5:10	65	29:17	88	29:17	119.10	11:00:55	5:32	79	3:24:24	104	3:24:24
Wanderhütte an	13.70	1:14:37	5:26	53	23:14	73	23:14	132.80	12:15:32	5:32	77	3:45:13	101	3:45:13
Brennersgrün	16.00	1:44:07	6:30	105	45:05	160	45:05	148.80	13:59:39	5:38	86	4:28:51	116	4:28:51
Blankenstein	20.30	1:48:27	5:20	78	34:26	114	57:11	169.10	15:48:06	5:36	82	5:03:17	111	5:03:17