



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Lauffreunde Graun

□□: Lauffreunde Graun
 □□: 214

□□: 169.10 km
 Hörschel-Blankenstein

□□□□:
 Männerstaffel

□□□: 14:38:43

□□: 11.54 km/h
 □□□□: 5:11 min/km

□□□□□: 50 (of 184)

□□□□□□: 10:44:49

□□□□□: 37(of 117)

□□□□□□□: 10:44:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:12:35	5:11	35	17:53	43	17:53	14.00	1:12:35	5:11	35	17:53	43	17:53
Grenzwiese/Kleir	19.60	1:40:52	5:08	54	24:06	76	24:06	33.60	2:53:27	5:09	44	41:59	54	41:59
Neue Ausspanne	14.00	1:17:39	5:32	65	26:23	90	27:59	47.60	4:11:06	5:16	45	1:08:22	57	1:08:22
Grenzadler (Ober	13.60	1:02:15	4:34	9	12:33	13	12:33	61.20	5:13:21	5:07	26	1:17:04	35	1:17:04
Allzunah	20.00	2:01:44	6:05	106	49:39	167	49:46	81.20	7:15:05	5:21	52	2:03:35	66	2:03:35
Masserberg (Ren	17.80	1:39:04	5:33	72	28:55	105	28:55	99.00	8:54:09	5:23	53	2:32:30	69	2:32:30
Neuhaus (Rennst	20.10	1:33:59	4:40	32	19:07	46	19:07	119.10	10:28:08	5:16	45	2:51:37	58	2:51:37
Wanderhütte an	13.70	1:05:08	4:45	20	13:45	28	13:45	132.80	11:33:16	5:13	36	3:02:57	47	3:02:57
Brennersgrün	16.00	1:26:23	5:23	57	27:21	85	27:21	148.80	12:59:39	5:14	40	3:28:51	53	3:28:51
Blankenstein	20.30	1:39:04	4:52	39	25:03	60	47:48	169.10	14:38:43	5:11	37	3:53:54	50	3:53:54