



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Erfurter Goldstandard

□□: Startgemeinschaft Erfurt
 □□: 217

□□: 169.10 km
 Hörschel-Blankenstein

□□□□:
 Männerstaffel

□□□: 11:10:48

□□: 15.13 km/h
 □□□□: 3:58 min/km

□□□□□: 2 (of 184)

□□□□□□: 10:44:49

□□□□□: 2(of 117)

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 14.00 | 59:17 | 4:14 | 3 | 4:35 | 4 | 4:35 | 14.00 | 59:17 | 4:14 | 3 | 4:35 | 4 | 4:35 |
| Grenzwiese/Kleir | 19.60 | 1:19:55 | 4:04 | 5 | 3:09 | 6 | 3:09 | 33.60 | 2:19:12 | 4:08 | 2 | 7:44 | 2 | 7:44 |
| Neue Ausspanne | 14.00 | 55:20 | 3:57 | 2 | 4:04 | 3 | 5:40 | 47.60 | 3:14:32 | 4:05 | 2 | 11:48 | 2 | 11:48 |
| Grenzdler (Ober | 13.60 | 54:01 | 3:58 | 3 | 4:19 | 3 | 4:19 | 61.20 | 4:08:33 | 4:03 | 3 | 12:16 | 3 | 12:16 |
| Allzunah | 20.00 | 1:12:05 | 3:36 | 1 | - | 2 | 0:07 | 81.20 | 5:20:38 | 3:56 | 2 | 9:08 | 2 | 9:08 |
| Masserberg (Ren | 17.80 | 1:14:14 | 4:10 | 3 | 4:05 | 3 | 4:05 | 99.00 | 6:34:52 | 3:59 | 2 | 13:13 | 2 | 13:13 |
| Neuhaus (Rennst | 20.10 | 1:21:25 | 4:03 | 5 | 6:33 | 6 | 6:33 | 119.10 | 7:56:17 | 3:59 | 3 | 19:46 | 3 | 19:46 |
| Wanderhütte an | 13.70 | 51:45 | 3:46 | 2 | 0:22 | 2 | 0:22 | 132.80 | 8:48:02 | 3:58 | 3 | 17:43 | 3 | 17:43 |
| Brennersgrün | 16.00 | 1:07:20 | 4:12 | 6 | 8:18 | 8 | 8:18 | 148.80 | 9:55:22 | 4:00 | 3 | 24:34 | 3 | 24:34 |
| Blankenstein | 20.30 | 1:15:26 | 3:42 | 3 | 1:25 | 6 | 24:10 | 169.10 | 11:10:48 | 3:58 | 2 | 25:59 | 2 | 25:59 |