



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Besser Laufen

□□: Fit mit Schmidt
 □□: 13

□□: 169.10 km
 Hörschel-Blankenstein

□□□□:
 Frauenstaffel

□□□: 16:27:24

□□: 10.27 km/h
 □□□□: 5:50 min/km

□□□□□: 146 (of 184)

□□□□□□: 10:44:49

□□□□□: 7(of 14)

□□□□□□□: 13:16:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:26:38	6:11	6	20:20	129	31:56	14.00	1:26:38	6:11	6	20:20	185	31:56
Grenzwiese/Kleir	19.60	2:03:29	6:18	9	25:17	162	46:43	33.60	3:30:07	6:15	7	32:31	184	1:18:39
Neue Ausspanne	14.00	1:21:24	5:48	9	12:55	115	31:44	47.60	4:51:31	6:07	8	45:26	184	1:48:47
Grenzdler (Ober	13.60	1:19:23	5:50	6	17:29	96	29:41	61.20	6:10:54	6:03	7	1:02:55	184	2:14:37
Allzunah	20.00	1:51:38	5:34	7	31:52	139	39:40	81.20	8:02:32	5:56	7	1:34:47	184	2:51:02
Masserberg (Ren	17.80	1:56:29	6:32	12	32:44	164	46:20	99.00	9:59:01	6:03	9	2:07:31	184	3:37:22
Neuhaus (Rennst	20.10	1:59:09	5:55	7	29:39	150	44:17	119.10	11:58:10	6:01	9	2:37:10	184	4:21:39
Wanderhütte an	13.70	1:11:49	5:14	4	7:30	58	20:26	132.80	13:09:59	5:56	7	2:44:40	184	4:39:40
Brennersgrün	16.00	1:20:23	5:01	3	4:29	55	21:21	148.80	14:30:22	5:50	6	2:42:09	184	4:59:34
Blankenstein	20.30	1:57:02	5:45	9	28:56	141	1:05:46	169.10	16:27:24	5:50	7	3:11:05	146	5:42:35