



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Laufteam Erfurt Mix

□□: sbj-sportland.de

□□: 511

□□: 169.10 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□□: 12:21:12

□□: 13.68 km/h

□□□□: 4:22 min/km

□□□□□: 10 (of 184)

□□□□□□: 10:44:49

□□□□□: 4(of 53)

□□□□□□□: 11:42:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	59:34	4:15	2	1:46	5	4:52	14.00	59:34	4:15	2	1:46	185	4:52
Grenzwiese/Kleir	19.60	1:21:39	4:09	2	3:37	8	4:53	33.60	2:21:13	4:12	1	-	184	9:45
Neue Ausspanne	14.00	1:02:56	4:29	3	13:16	17	13:16	47.60	3:24:09	4:17	2	6:23	184	21:25
Grenzdler (Ober	13.60	1:11:56	5:17	8	15:28	51	22:14	61.20	4:36:05	4:30	2	21:51	184	39:48
Allzunah	20.00	1:25:09	4:15	4	13:11	22	13:11	81.20	6:01:14	4:26	2	28:22	184	49:44
Masserberg (Ren	17.80	1:20:39	4:31	3	4:52	15	10:30	99.00	7:21:53	4:27	2	23:15	184	1:00:14
Neuhaus (Rennst	20.10	1:21:53	4:04	3	6:01	9	7:01	119.10	8:43:46	4:23	2	29:16	184	1:07:15
Wanderhütte an	13.70	1:01:12	4:28	2	1:13	13	9:49	132.80	9:44:58	4:24	2	30:29	184	1:14:39
Brennersgrün	16.00	1:14:49	4:40	6	8:58	25	15:47	148.80	10:59:47	4:26	3	38:52	184	1:28:59
Blankenstein	20.30	1:21:25	4:00	7	30:09	13	30:09	169.10	12:21:12	4:22	4	38:56	10	1:36:23