



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Arthrose

□□: 517

□□: 169.10 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□□: 14:16:40

□□: 11.84 km/h

□□□□: 5:03 min/km

□□□□□: 39 (of 184)

□□□□□□: 10:44:49

□□□□□: 8(of 53)

□□□□□□□: 11:42:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:19:10	5:39	15	21:22	84	24:28	14.00	1:19:10	5:39	15	21:22	185	24:28
Grenzwiese/Kleir	19.60	1:37:50	4:59	15	19:48	56	21:04	33.60	2:57:00	5:16	12	35:47	184	45:32
Neue Ausspanne	14.00	1:02:14	4:26	2	12:34	16	12:34	47.60	3:59:14	5:01	10	41:28	184	56:30
Grenzdler (Ober	13.60	1:31:39	6:44	46	35:11	162	41:57	61.20	5:30:53	5:24	12	1:16:39	184	1:34:36
Allzunah	20.00	1:40:59	5:02	24	29:01	86	29:01	81.20	7:11:52	5:19	12	1:39:00	183	2:00:22
Masserberg (Ren	17.80	1:32:58	5:13	18	17:11	69	22:49	99.00	8:44:50	5:18	13	1:46:12	183	2:23:11
Neuhaus (Rennst	20.10	1:32:46	4:36	11	16:54	39	17:54	119.10	10:17:36	5:11	11	2:03:06	183	2:41:05
Wanderhütte an	13.70	1:14:58	5:28	17	14:59	80	23:35	132.80	11:32:34	5:12	9	2:18:05	117	3:02:15
Brennersgrün	16.00	1:17:06	4:49	10	11:15	38	18:04	148.80	12:49:40	5:10	8	2:28:45	183	3:18:52
Blankenstein	20.30	1:27:00	4:17	10	35:44	22	35:44	169.10	14:16:40	5:03	8	2:34:24	39	3:31:51