



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Lauftreff Alteburg Arnstadt

□□□: 14:57:13

□□: 526

□□: 11.31 km/h
□□□□: 5:18 min/km

□□: 169.10 km
Hörschel-Blankenstein

□□□□□: 61 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 13(of 53)

Mixstaffel

□□□□□□□: 11:42:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:28:29	6:19	33	30:41	138	33:47	14.00	1:28:29	6:19	33	30:41	185	33:47
Grenzwiese/Kleir	19.60	1:54:31	5:50	38	36:29	141	37:45	33.60	3:23:00	6:02	36	1:01:47	184	1:11:32
Neue Ausspanne	14.00	1:28:05	6:17	35	38:25	147	38:25	47.60	4:51:05	6:06	40	1:33:19	184	1:48:21
Grenzdler (Ober	13.60	1:15:27	5:32	13	18:59	75	25:45	61.20	6:06:32	5:59	31	1:52:18	184	2:10:15
Allzunah	20.00	1:40:22	5:01	22	28:24	80	28:24	81.20	7:46:54	5:44	28	2:14:02	183	2:35:24
Masserberg (Ren	17.80	1:27:02	4:53	9	11:15	39	16:53	99.00	9:13:56	5:35	23	2:15:18	183	2:52:17
Neuhaus (Rennst	20.10	1:33:28	4:39	13	17:36	41	18:36	119.10	10:47:24	5:26	16	2:32:54	183	3:10:53
Wanderhütte an	13.70	1:05:06	4:45	6	5:07	27	13:43	132.80	11:52:30	5:21	13	2:38:01	183	3:22:11
Brennersgrün	16.00	1:26:12	5:23	23	20:21	84	27:10	148.80	13:18:42	5:22	13	2:57:47	183	3:47:54
Blankenstein	20.30	1:38:31	4:51	19	47:15	57	47:15	169.10	14:57:13	5:18	13	3:14:57	61	4:12:24