



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Triathlon Friedrichroda e.V.

□□□: 13:58:44

□□: 537

□□: 12.09 km/h

□□□□: 4:57 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 31 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 25(of 117)

Männerstaffel

□□□□□□□: 10:44:49

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Hohe Sonne	14.00	1:12:07	5:09	32	17:25	40	17:25	14.00	1:12:07	5:09	32	17:25	40	17:25
Grenzwiese/Kleir	19.60	1:37:47	4:59	41	21:01	55	21:01	33.60	2:49:54	5:03	35	38:26	44	38:26
Neue Ausspanne	14.00	1:14:00	5:17	50	22:44	65	24:20	47.60	4:03:54	5:07	34	1:01:10	45	1:01:10
Grenzdler (Ober	13.60	1:06:41	4:54	18	16:59	23	16:59	61.20	5:10:35	5:04	24	1:14:18	31	1:14:18
Allzunah	20.00	1:30:20	4:30	28	18:15	36	18:22	81.20	6:40:55	4:56	21	1:29:25	27	1:29:25
Masserberg (Ren	17.80	1:26:33	4:51	25	16:24	34	16:24	99.00	8:07:28	4:55	21	1:45:49	28	1:45:49
Neuhaus (Rennst	20.10	1:42:42	5:06	57	27:50	77	27:50	119.10	9:50:10	4:57	24	2:13:39	31	2:13:39
Wanderhütte an	13.70	57:51	4:13	7	6:28	7	6:28	132.80	10:48:01	4:52	20	2:17:42	26	2:17:42
Brennersgrün	16.00	1:39:05	6:11	97	40:03	145	40:03	148.80	12:27:06	5:01	27	2:56:18	33	2:56:18
Blankenstein	20.30	1:31:38	4:30	23	17:37	39	40:22	169.10	13:58:44	4:57	25	3:13:55	31	3:13:55