



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Aus Freude am Laufen

□□□: 18:11:17

□□: 540

□□: 9.29 km/h

□□□□: 6:27 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 180 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 116(of 117)

Männerstaffel

□□□□□□□: 10:44:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:29:36	6:23	102	34:54	143	34:54	14.00	1:29:36	6:23	102	34:54	143	34:54
Grenzwiese/Kleir	19.60	1:52:45	5:45	93	35:59	132	35:59	33.60	3:22:21	6:01	103	1:10:53	143	1:10:53
Neue Ausspanne	14.00	1:30:59	6:29	107	39:43	160	41:19	47.60	4:53:20	6:09	108	1:50:36	157	1:50:36
Grenzdler (Ober	13.60	1:20:10	5:53	74	30:28	100	30:28	61.20	6:13:30	6:06	103	2:17:13	146	2:17:13
Allzunah	20.00	2:30:37	7:31	115	1:18:32	182	1:18:39	81.20	8:44:07	6:27	114	3:32:37	175	3:32:37
Masserberg (Ren	17.80	1:57:25	6:35	106	47:16	165	47:16	99.00	10:41:32	6:28	116	4:19:53	177	4:19:53
Neuhaus (Rennst	20.10	2:00:34	5:59	107	45:42	155	45:42	119.10	12:42:06	6:23	116	5:05:35	178	5:05:35
Wanderhütte an	13.70	1:23:24	6:05	95	32:01	142	32:01	132.80	14:05:30	6:22	114	5:35:11	175	5:35:11
Brennersgrün	16.00	1:53:16	7:04	115	54:14	177	54:14	148.80	15:58:46	6:26	115	6:27:58	178	6:27:58
Blankenstein	20.30	2:12:31	6:31	111	58:30	174	1:21:15	169.10	18:11:17	6:27	116	7:26:28	180	7:26:28