



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Jenaer Intervallexpress

□□□: 12:20:40

□□: 547

□□: 13.70 km/h

□□□□: 4:22 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 9 (of 184)

□□□□□□: 10:44:49

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□□□□□: 3(of 53)

Mixstaffel

□□□□□□□: 11:42:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:21:07	5:47	22	23:19	99	26:25	14.00	1:21:07	5:47	22	23:19	185	26:25
Grenzwiese/Kleir	19.60	1:24:13	4:17	4	6:11	10	7:27	33.60	2:45:20	4:55	9	24:07	184	33:52
Neue Ausspanne	14.00	1:06:15	4:43	6	16:35	28	16:35	47.60	3:51:35	4:51	6	33:49	184	48:51
Grenzdler (Ober	13.60	1:01:47	4:32	3	5:19	11	12:05	61.20	4:53:22	4:47	5	39:08	184	57:05
Allzunah	20.00	1:11:58	3:35	1	-	1	-	81.20	6:05:20	4:29	4	32:28	183	53:50
Masserberg (Ren	17.80	1:21:17	4:33	4	5:30	18	11:08	99.00	7:26:37	4:30	4	27:59	183	1:04:58
Neuhaus (Rennst	20.10	1:25:23	4:14	6	9:31	15	10:31	119.10	8:52:00	4:28	4	37:30	183	1:15:29
Wanderhütte an	13.70	1:02:23	4:33	3	2:24	14	11:00	132.80	9:54:23	4:28	4	39:54	183	1:24:04
Brennersgrün	16.00	1:11:19	4:27	4	5:28	17	12:17	148.80	11:05:42	4:28	4	44:47	183	1:34:54
Blankenstein	20.30	1:14:58	3:41	3	23:42	5	23:42	169.10	12:20:40	4:22	3	38:24	9	1:35:51