



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Jenaer Intervallexpress

□□□: 12:20:40

□□: 547

□□: 13.69 km/h
□□□□: 4:22 min/km

□□: 169.10 km
Hörschel-Blankenstein

□□□□□: 9 (of 184)
□□□□□□: 10:44:49
□□□□□: 3(of 53)
□□□□□□□: 11:42:16

□□□□:
Mixstaffel

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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 | 184 | 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 | 184 | 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 | 184 | 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 | 184 | 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 | 184 | 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 | |