



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Vorwärts Rückwärts Oberschönau II □□□: 14:45:38

□□: SG Ober/Unterschönau
 □□: 552

□□: 11.45 km/h
 □□□□: 5:14 min/km

□□: 169.10 km
 Hörschel-Blankenstein

□□□□□: 54 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 12(of 53)

Mixstaffel

□□□□□□□: 11:42:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:02:35	4:28	4	4:47	10	7:53	14.00	1:02:35	4:28	4	4:47	185	7:53
Grenzwiese/Kleir	19.60	1:29:17	4:33	8	11:15	19	12:31	33.60	2:31:52	4:31	6	10:39	184	20:24
Neue Ausspanne	14.00	1:20:22	5:44	24	30:42	112	30:42	47.60	3:52:14	4:52	7	34:28	184	49:30
Grenzadler (Ober	13.60	1:28:14	6:29	43	31:46	155	38:32	61.20	5:20:28	5:14	10	1:06:14	184	1:24:11
Allzunah	20.00	1:39:20	4:58	19	27:22	74	27:22	81.20	6:59:48	5:10	10	1:26:56	184	1:48:18
Masserberg (Ren	17.80	1:32:06	5:10	15	16:19	60	21:57	99.00	8:31:54	5:10	10	1:33:16	184	2:10:15
Neuhaus (Rennst	20.10	1:34:04	4:40	14	18:12	47	19:12	119.10	10:05:58	5:05	9	1:51:28	184	2:29:27
Wanderhütte an	13.70	1:27:53	6:24	43	27:54	159	36:30	132.80	11:33:51	5:13	10	2:19:22	184	3:03:32
Brennersgrün	16.00	1:17:56	4:52	11	12:05	43	18:54	148.80	12:51:47	5:11	9	2:30:52	184	3:20:59
Blankenstein	20.30	1:53:51	5:36	37	1:02:35	133	1:02:35	169.10	14:45:38	5:14	12	3:03:22	54	4:00:49