



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Laufkundschaft

□□□: 13:49:00

□□: 108

□□: 12.23 km/h

□□□□: 4:54 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 28 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 22(of 117)

Männerstaffel

□□□□□□□: 10:44:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:13:51	5:16	43	19:09	51	19:09	14.00	1:13:51	5:16	43	19:09	51	19:09
Grenzwiese/Kleir	19.60	1:48:10	5:31	79	31:24	108	31:24	33.60	3:02:01	5:25	59	50:33	75	50:33
Neue Ausspanne	14.00	1:01:30	4:23	13	10:14	14	11:50	47.60	4:03:31	5:06	33	1:00:47	43	1:00:47
Grenzadler (Ober	13.60	1:12:36	5:20	44	22:54	54	22:54	61.20	5:16:07	5:09	29	1:19:50	39	1:19:50
Allzunah	20.00	1:20:23	4:01	6	8:18	9	8:25	81.20	6:36:30	4:52	20	1:25:00	26	1:25:00
Masserberg (Ren	17.80	1:36:49	5:26	64	26:40	92	26:40	99.00	8:13:19	4:58	26	1:51:40	33	1:51:40
Neuhaus (Rennst	20.10	1:36:58	4:49	40	22:06	55	22:06	119.10	9:50:17	4:57	25	2:13:46	32	2:13:46
Wanderhütte an	13.70	1:03:56	4:40	14	12:33	17	12:33	132.80	10:54:13	4:55	23	2:23:54	29	2:23:54
Brennersgrün	16.00	1:17:32	4:50	30	18:30	41	18:30	148.80	12:11:45	4:55	21	2:40:57	27	2:40:57
Blankenstein	20.30	1:37:15	4:47	32	23:14	51	45:59	169.10	13:49:00	4:54	22	3:04:11	28	3:04:11