



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Herzog-Georg Nachtlauf-Team

□□: Meiningen Laufclub

□□: 109

□□: 169.10 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 13:17:34

□□: 12.72 km/h

□□□□: 4:42 min/km

□□□□□: 21 (of 184)

□□□□□□: 10:44:49

□□□□□: 15(of 117)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:15:22	5:22	54	20:40	64	20:40	14.00	1:15:22	5:22	54	20:40	64	20:40
Grenzwiese/Kleir	19.60	1:37:37	4:58	39	20:51	53	20:51	33.60	2:52:59	5:08	43	41:31	53	41:31
Neue Ausspanne	14.00	1:00:58	4:21	11	9:42	12	11:18	47.60	3:53:57	4:54	23	51:13	31	51:13
Grenzdler (Ober	13.60	1:05:31	4:49	15	15:49	19	15:49	61.20	4:59:28	4:53	17	1:03:11	22	1:03:11
Allzunah	20.00	1:26:17	4:18	20	14:12	26	14:19	81.20	6:25:45	4:45	16	1:14:15	20	1:14:15
Masserberg (Ren	17.80	1:18:20	4:24	10	8:11	12	8:11	99.00	7:44:05	4:41	14	1:22:26	18	1:22:26
Neuhaus (Rennst	20.10	1:31:05	4:31	23	16:13	32	16:13	119.10	9:15:10	4:39	14	1:38:39	18	1:38:39
Wanderhütte an	13.70	1:14:46	5:27	55	23:23	76	23:23	132.80	10:29:56	4:44	16	1:59:37	22	1:59:37
Brennersgrün	16.00	1:12:28	4:31	14	13:26	19	13:26	148.80	11:42:24	4:43	15	2:11:36	20	2:11:36
Blankenstein	20.30	1:35:10	4:41	29	21:09	46	43:54	169.10	13:17:34	4:42	15	2:32:45	21	2:32:45