



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Benses City Runners

□□□: 14:44:03

□□: 116

□□: 11.47 km/h

□□□□: 5:13 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 53 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 40(of 117)

Männerstaffel

□□□□□□□: 10:44:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:20:19	5:44	72	25:37	89	25:37	14.00	1:20:19	5:44	72	25:37	89	25:37
Grenzwiese/Kleir	19.60	1:52:55	5:45	95	36:09	134	36:09	33.60	3:13:14	5:45	82	1:01:46	109	1:01:46
Neue Ausspanne	14.00	1:19:02	5:38	74	27:46	101	29:22	47.60	4:32:16	5:43	84	1:29:32	109	1:29:32
Grenzdler (Ober	13.60	1:17:18	5:41	65	27:36	83	27:36	61.20	5:49:34	5:42	80	1:53:17	101	1:53:17
Allzunah	20.00	1:36:35	4:49	44	24:30	59	24:37	81.20	7:26:09	5:29	73	2:14:39	91	2:14:39
Masserberg (Ren	17.80	1:46:16	5:58	88	36:07	131	36:07	99.00	9:12:25	5:34	74	2:50:46	96	2:50:46
Neuhaus (Rennst	20.10	1:45:01	5:13	71	30:09	94	30:09	119.10	10:57:26	5:31	75	3:20:55	100	3:20:55
Wanderhütte an	13.70	53:12	3:52	4	1:49	4	1:49	132.80	11:50:38	5:21	50	3:20:19	64	3:20:19
Brennersgrün	16.00	1:19:35	4:58	33	20:33	51	20:33	148.80	13:10:13	5:18	47	3:39:25	61	3:39:25
Blankenstein	20.30	1:33:50	4:37	27	19:49	44	42:34	169.10	14:44:03	5:13	40	3:59:14	53	3:59:14