



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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X-Runners Mix 2

□□: X-Runners Jena e.V.
 □□: 120

□□: 169.10 km
 Hörschel-Blankenstein

□□□□:
 Mixstaffel

□□□: 15:02:13

□□: 11.24 km/h
 □□□□: 5:20 min/km

□□□□□: 64 (of 184)

□□□□□□: 10:44:49

□□□□□: 14(of 53)

□□□□□□□: 11:42:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:22:27	5:53	23	24:39	112	27:45	14.00	1:22:27	5:53	23	24:39	185	27:45
Grenzwiese/Kleir	19.60	1:44:28	5:19	25	26:26	93	27:42	33.60	3:06:55	5:33	21	45:42	184	55:27
Neue Ausspanne	14.00	1:20:19	5:44	23	30:39	110	30:39	47.60	4:27:14	5:36	17	1:09:28	184	1:24:30
Grenzdler (Ober	13.60	1:12:46	5:21	9	16:18	55	23:04	61.20	5:40:00	5:33	15	1:25:46	184	1:43:43
Allzunah	20.00	1:48:11	5:24	34	36:13	125	36:13	81.20	7:28:11	5:31	19	1:55:19	184	2:16:41
Masserberg (Ren	17.80	1:47:12	6:01	37	31:25	134	37:03	99.00	9:15:23	5:36	24	2:16:45	184	2:53:44
Neuhaus (Rennst	20.10	1:49:18	5:26	28	33:26	115	34:26	119.10	11:04:41	5:34	23	2:50:11	184	3:28:10
Wanderhütte an	13.70	1:07:02	4:53	7	7:03	34	15:39	132.80	12:11:43	5:30	19	2:57:14	184	3:41:24
Brennersgrün	16.00	1:19:20	4:57	16	13:29	48	20:18	148.80	13:31:03	5:27	15	3:10:08	184	4:00:15
Blankenstein	20.30	1:31:10	4:29	13	39:54	35	39:54	169.10	15:02:13	5:20	14	3:19:57	64	4:17:24