



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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X-Runners Mix 1

□□: X-Runners Jena e.V.
 □□: 4

□□: 169.10 km
 Hörschel-Blankenstein

□□□□:
 Mixstaffel

□□□: 12:58:44

□□: 13.03 km/h
 □□□□: 4:36 min/km

□□□□□: 16 (of 184)

□□□□□□: 10:44:49

□□□□□: 5(of 53)

□□□□□□□: 11:42:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:03:35	4:32	6	5:47	16	8:53	14.00	1:03:35	4:32	6	5:47	185	8:53
Grenzwiese/Kleir	19.60	1:25:50	4:22	5	7:48	11	9:04	33.60	2:29:25	4:26	3	8:12	184	17:57
Neue Ausspanne	14.00	1:05:11	4:39	4	15:31	22	15:31	47.60	3:34:36	4:30	3	16:50	184	31:52
Grenzadler (Ober	13.60	1:11:24	5:15	7	14:56	48	21:42	61.20	4:46:00	4:40	4	31:46	184	49:43
Allzunah	20.00	1:49:05	5:27	36	37:07	128	37:07	81.20	6:35:05	4:51	5	1:02:13	183	1:23:35
Masserberg (Ren	17.80	1:17:15	4:20	2	1:28	10	7:06	99.00	7:52:20	4:46	5	53:42	183	1:30:41
Neuhaus (Rennst	20.10	1:27:50	4:22	7	11:58	22	12:58	119.10	9:20:10	4:42	5	1:05:40	183	1:43:39
Wanderhütte an	13.70	1:07:42	4:56	8	7:43	39	16:19	132.80	10:27:52	4:43	5	1:13:23	183	1:57:33
Brennersgrün	16.00	1:10:17	4:23	3	4:26	15	11:15	148.80	11:38:09	4:41	5	1:17:14	183	2:07:21
Blankenstein	20.30	1:20:35	3:58	5	29:19	10	29:19	169.10	12:58:44	4:36	5	1:16:28	16	2:13:55