



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Ilmrunners

□□□: 16:29:14

□□: 124

□□: 10.25 km/h

□□□□: 5:50 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 147 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 103(of 117)

Männerstaffel

□□□□□□□: 10:44:49

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Hohe Sonne	14.00	1:20:49	5:46	75	26:07	96	26:07	14.00	1:20:49	5:46	75	26:07	96	26:07
Grenzwiese/Kleir	19.60	2:13:05	6:47	113	56:19	175	56:19	33.60	3:33:54	6:21	112	1:22:26	165	1:22:26
Neue Ausspanne	14.00	1:17:38	5:32	64	26:22	89	27:58	47.60	4:51:32	6:07	106	1:48:48	154	1:48:48
Grenzdler (Ober	13.60	1:35:49	7:02	109	46:07	170	46:07	61.20	6:27:21	6:19	113	2:31:04	165	2:31:04
Allzunah	20.00	1:49:21	5:28	87	37:16	131	37:23	81.20	8:16:42	6:07	107	3:05:12	159	3:05:12
Masserberg (Ren	17.80	1:48:45	6:06	94	38:36	142	38:36	99.00	10:05:27	6:06	105	3:43:48	158	3:43:48
Neuhaus (Rennst	20.10	2:11:10	6:31	113	56:18	174	56:18	119.10	12:16:37	6:11	112	4:40:06	166	4:40:06
Wanderhütte an	13.70	59:30	4:20	10	8:07	10	8:07	132.80	13:16:07	5:59	106	4:45:48	153	4:45:48
Brennersgrün	16.00	1:31:03	5:41	71	32:01	108	32:01	148.80	14:47:10	5:57	105	5:16:22	149	5:16:22
Blankenstein	20.30	1:42:04	5:01	47	28:03	72	50:48	169.10	16:29:14	5:50	103	5:44:25	147	5:44:25