



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Runster

□□□: 15:42:03

□□: 147

□□: 10.76 km/h

□□□□: 5:34 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 107 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 79(of 117)

Männerstaffel

□□□□□□□: 10:44:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:02:56	4:29	7	8:14	11	8:14	14.00	1:02:56	4:29	7	8:14	11	8:14
Grenzwiese/Kleir	19.60	1:39:18	5:03	48	22:32	67	22:32	33.60	2:42:14	4:49	17	30:46	25	30:46
Neue Ausspanne	14.00	1:10:51	5:03	38	19:35	47	21:11	47.60	3:53:05	4:53	21	50:21	29	50:21
Grenzdler (Ober	13.60	1:42:56	7:34	114	53:14	179	53:14	61.20	5:36:01	5:29	55	1:39:44	70	1:39:44
Allzunah	20.00	1:54:45	5:44	92	42:40	147	42:47	81.20	7:30:46	5:33	76	2:19:16	98	2:19:16
Masserberg (Ren	17.80	1:34:26	5:18	56	24:17	78	24:17	99.00	9:05:12	5:30	65	2:43:33	84	2:43:33
Neuhaus (Rennst	20.10	1:45:50	5:15	72	30:58	95	30:58	119.10	10:51:02	5:27	67	3:14:31	87	3:14:31
Wanderhütte an	13.70	1:28:58	6:29	107	37:35	164	37:35	132.80	12:20:00	5:34	78	3:49:41	102	3:49:41
Brennersgrün	16.00	1:38:32	6:09	93	39:30	141	39:30	148.80	13:58:32	5:38	84	4:27:44	114	4:27:44
Blankenstein	20.30	1:43:31	5:05	53	29:30	78	52:15	169.10	15:42:03	5:34	79	4:57:14	107	4:57:14