



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Thinking of you Heiko

□□□: 15:13:09

□□: 149

□□: 11.10 km/h

□□□□: 5:24 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 78 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 58(of 117)

Männerstaffel

□□□□□□□: 10:44:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:21:53	5:50	83	27:11	106	27:11	14.00	1:21:53	5:50	83	27:11	106	27:11
Grenzwiese/Kleir	19.60	2:03:57	6:19	108	47:11	165	47:11	33.60	3:25:50	6:07	108	1:14:22	152	1:14:22
Neue Ausspanne	14.00	1:10:53	5:03	39	19:37	48	21:13	47.60	4:36:43	5:48	93	1:33:59	122	1:33:59
Grenzdler (Ober	13.60	1:09:11	5:05	29	19:29	37	19:29	61.20	5:45:54	5:39	73	1:49:37	93	1:49:37
Allzunah	20.00	1:27:48	4:23	23	15:43	29	15:50	81.20	7:13:42	5:20	50	2:02:12	64	2:02:12
Masserberg (Ren	17.80	1:37:44	5:29	69	27:35	100	27:35	99.00	8:51:26	5:22	48	2:29:47	63	2:29:47
Neuhaus (Rennst	20.10	2:00:22	5:59	106	45:30	154	45:30	119.10	10:51:48	5:28	69	3:15:17	90	3:15:17
Wanderhütte an	13.70	1:10:20	5:08	37	18:57	48	18:57	132.80	12:02:08	5:26	60	3:31:49	78	3:31:49
Brennersgrün	16.00	1:27:00	5:26	60	27:58	90	27:58	148.80	13:29:08	5:26	60	3:58:20	76	3:58:20
Blankenstein	20.30	1:44:01	5:07	54	30:00	79	52:45	169.10	15:13:09	5:24	58	4:28:20	78	4:28:20