



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Speedy Ladies Heipa Eichsfeld

□□□: 17:07:08

□□: 7

□□: 9.87 km/h

□□□□: 6:04 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 159 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 10(of 14)

Frauenstaffel

□□□□□□□: 13:16:19

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 14.00 | 1:32:06 | 6:34 | 7 | 25:48 | 152 | 37:24 | 14.00 | 1:32:06 | 6:34 | 7 | 25:48 | 185 | 37:24 |
| Grenzwiese/Kleir | 19.60 | 2:06:57 | 6:28 | 10 | 28:45 | 171 | 50:11 | 33.60 | 3:39:03 | 6:31 | 10 | 41:27 | 184 | 1:27:35 |
| Neue Ausspanne | 14.00 | 1:27:44 | 6:15 | 11 | 19:15 | 144 | 38:04 | 47.60 | 5:06:47 | 6:26 | 9 | 1:00:42 | 184 | 2:04:03 |
| Grenzdler (Ober | 13.60 | 1:28:23 | 6:29 | 10 | 26:29 | 156 | 38:41 | 61.20 | 6:35:10 | 6:27 | 9 | 1:27:11 | 184 | 2:38:53 |
| Allzunah | 20.00 | 1:55:23 | 5:46 | 10 | 35:37 | 153 | 43:25 | 81.20 | 8:30:33 | 6:17 | 10 | 2:02:48 | 184 | 3:19:03 |
| Masserberg (Ren | 17.80 | 1:56:01 | 6:31 | 11 | 32:16 | 162 | 45:52 | 99.00 | 10:26:34 | 6:19 | 11 | 2:35:04 | 184 | 4:04:55 |
| Neuhaus (Rennst | 20.10 | 1:46:08 | 5:16 | 3 | 16:38 | 97 | 31:16 | 119.10 | 12:12:42 | 6:09 | 10 | 2:51:42 | 184 | 4:36:11 |
| Wanderhütte an | 13.70 | 1:18:01 | 5:41 | 7 | 13:42 | 101 | 26:38 | 132.80 | 13:30:43 | 6:06 | 9 | 3:05:24 | 184 | 5:00:24 |
| Brennersgrün | 16.00 | 1:35:54 | 5:59 | 11 | 20:00 | 129 | 36:52 | 148.80 | 15:06:37 | 6:05 | 10 | 3:18:24 | 184 | 5:35:49 |
| Blankenstein | 20.30 | 2:00:31 | 5:56 | 11 | 32:25 | 150 | 1:09:15 | 169.10 | 17:07:08 | 6:04 | 10 | 3:50:49 | 159 | 6:22:19 |