



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Harzer Teufel powered by No 1 Mode □□□: 11:27:40

□□: 173

□□: 169.10 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□: 14.75 km/h

□□□□: 4:03 min/km

□□□□□: 4 (of 184)

□□□□□□: 10:44:49

□□□□□: 4(of 117)

□□□□□□□: 10:44:49

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□ | □□ □□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□ | □□ □□ |
|------------------|----------|----------|--------------|---------|---------|----------|----------|--------|----------|------|---------|---------|----------|----------|
| Hohe Sonne | 14.00 | 1:01:05 | 4:21 | 6 | 6:23 | 8 | 6:23 | 14.00 | 1:01:05 | 4:21 | 6 | 6:23 | 8 | 6:23 |
| Grenzwiese/Kleir | 19.60 | 1:19:54 | 4:04 | 4 | 3:08 | 5 | 3:08 | 33.60 | 2:20:59 | 4:11 | 5 | 9:31 | 5 | 9:31 |
| Neue Ausspanne | 14.00 | 57:34 | 4:06 | 6 | 6:18 | 7 | 7:54 | 47.60 | 3:18:33 | 4:10 | 5 | 15:49 | 6 | 15:49 |
| Grenzdler (Ober | 13.60 | 49:42 | 3:39 | 1 | - | 1 | - | 61.20 | 4:08:15 | 4:03 | 2 | 11:58 | 2 | 11:58 |
| Allzunah | 20.00 | 1:16:13 | 3:48 | 5 | 4:08 | 6 | 4:15 | 81.20 | 5:24:28 | 3:59 | 4 | 12:58 | 4 | 12:58 |
| Masserberg (Ren | 17.80 | 1:14:28 | 4:11 | 4 | 4:19 | 4 | 4:19 | 99.00 | 6:38:56 | 4:01 | 4 | 17:17 | 4 | 17:17 |
| Neuhaus (Rennst | 20.10 | 1:20:05 | 3:59 | 3 | 5:13 | 4 | 5:13 | 119.10 | 7:59:01 | 4:01 | 4 | 22:30 | 4 | 22:30 |
| Wanderhütte an | 13.70 | 1:04:50 | 4:43 | 17 | 13:27 | 22 | 13:27 | 132.80 | 9:03:51 | 4:05 | 4 | 33:32 | 4 | 33:32 |
| Brennersgrün | 16.00 | 1:01:48 | 3:51 | 3 | 2:46 | 3 | 2:46 | 148.80 | 10:05:39 | 4:04 | 4 | 34:51 | 4 | 34:51 |
| Blankenstein | 20.30 | 1:22:01 | 4:02 | 7 | 8:00 | 14 | 30:45 | 169.10 | 11:27:40 | 4:03 | 4 | 42:51 | 4 | 42:51 |