



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

□□□□

Die himmelblauen Gazellen des LTV □□□: 14:10:07

□□: 109

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□: 11.93 km/h

□□□□: 5:02 min/km

□□□□□: 43 (of 225)

□□□□□□: 10:38:22

□□□□□: 33(of 147)

□□□□□□□: 10:38:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:15:48	5:02	73	23:51	99	23:51	15.02	1:15:48	5:02	73	23:51	99	23:51
Kleiner Inselsber	18.94	1:41:27	5:21	53	25:15	73	25:15	33.96	2:57:15	5:13	49	47:34	67	47:34
Neue Ausspanne	13.90	1:04:18	4:37	29	17:04	31	17:04	47.86	4:01:33	5:02	32	1:04:38	41	1:04:38
Grenzadler	13.68	1:12:24	5:17	61	19:21	76	19:21	61.54	5:13:57	5:06	32	1:23:59	43	1:23:59
Allzunah	19.96	1:31:31	4:35	34	17:30	42	19:04	81.50	6:45:28	4:58	29	1:37:20	36	1:37:20
Masserberg	17.89	1:37:32	5:27	69	31:41	91	34:35	99.39	8:23:00	5:03	30	2:07:00	42	2:07:00
Neuhaus	19.86	1:41:14	5:05	44	25:26	65	30:52	119.25	10:04:14	5:04	33	2:25:01	44	2:25:01
Schildwiese	13.54	55:52	4:07	12	14:14	12	14:14	132.79	11:00:06	4:58	27	2:31:59	33	2:31:59
Grumbach	18.58	1:49:54	5:54	125	44:40	179	44:40	151.37	12:50:00	5:05	33	3:16:25	44	3:16:25
Blankenstein	17.60	1:20:07	4:33	34	16:23	42	16:23	168.97	14:10:07	5:01	33	3:31:45	43	3:31:45