



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Didaktische Reserve

□□□: 15:05:47

□□: 227

□□: 11.13 km/h
□□□□: 5:22 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 79 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 63(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | □□ |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|------|----|---------|----|---------|
| Hohe Sonne | 15.02 | 1:05:53 | 4:23 | 19 | 13:56 | 23 | 13:56 | 15.02 | 1:05:53 | 4:23 | 19 | 13:56 | 23 | 13:56 |
| Kleiner Inselfber | 18.94 | 1:57:33 | 6:12 | 126 | 41:21 | 177 | 41:21 | 33.96 | 3:03:26 | 5:24 | 70 | 53:45 | 97 | 53:45 |
| Neue Ausspanne | 13.90 | 1:15:09 | 5:24 | 80 | 27:55 | 95 | 27:55 | 47.86 | 4:18:35 | 5:24 | 69 | 1:21:40 | 89 | 1:21:40 |
| Grenzdler | 13.68 | 1:02:43 | 4:35 | 18 | 9:40 | 19 | 9:40 | 61.54 | 5:21:18 | 5:13 | 46 | 1:31:20 | 59 | 1:31:20 |
| Allzunah | 19.96 | 1:45:30 | 5:17 | 94 | 31:29 | 128 | 33:03 | 81.50 | 7:06:48 | 5:14 | 56 | 1:58:40 | 71 | 1:58:40 |
| Masserberg | 17.89 | 1:35:12 | 5:19 | 57 | 29:21 | 74 | 32:15 | 99.39 | 8:42:00 | 5:15 | 50 | 2:26:00 | 63 | 2:26:00 |
| Neuhaus | 19.86 | 1:38:52 | 4:58 | 35 | 23:04 | 52 | 28:30 | 119.25 | 10:20:52 | 5:12 | 47 | 2:41:39 | 60 | 2:41:39 |
| Schildwiese | 13.54 | 1:19:51 | 5:53 | 108 | 38:13 | 155 | 38:13 | 132.79 | 11:40:43 | 5:16 | 56 | 3:12:36 | 69 | 3:12:36 |
| Grumbach | 18.58 | 1:37:17 | 5:14 | 80 | 32:03 | 107 | 32:03 | 151.37 | 13:18:00 | 5:16 | 55 | 3:44:25 | 70 | 3:44:25 |
| Blankenstein | 17.60 | 1:47:47 | 6:07 | 131 | 44:03 | 190 | 44:03 | 168.97 | 15:05:47 | 5:21 | 63 | 4:27:25 | 79 | 4:27:25 |