



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Rhöner Männer

□□□: 15:07:24

□□: 142

□□: 11.11 km/h  
□□□□: 5:22 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 81 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 65(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:16:55	5:07	79	24:58	108	24:58	15.02	1:16:55	5:07	79	24:58	108	24:58
Kleiner Inselsber	18.94	1:39:45	5:15	44	23:33	62	23:33	33.96	2:56:40	5:12	45	46:59	62	46:59
Neue Ausspanne	13.90	1:03:57	4:36	22	16:43	24	16:43	47.86	4:00:37	5:01	30	1:03:42	38	1:03:42
Grenzdler	13.68	1:13:23	5:21	68	20:20	83	20:20	61.54	5:14:00	5:06	33	1:24:02	44	1:24:02
Allzunah	19.96	1:52:01	5:36	112	38:00	157	39:34	81.50	7:06:01	5:13	53	1:57:53	68	1:57:53
Masserberg	17.89	1:32:59	5:11	49	27:08	61	30:02	99.39	8:39:00	5:13	47	2:23:00	60	2:23:00
Neuhaus	19.86	1:43:11	5:11	54	27:23	79	32:49	119.25	10:22:11	5:13	49	2:42:58	62	2:42:58
Schildwiese	13.54	1:03:25	4:41	31	21:47	36	21:47	132.79	11:25:36	5:09	39	2:57:29	50	2:57:29
Grumbach	18.58	1:27:24	4:42	38	22:10	53	22:10	151.37	12:53:00	5:06	35	3:19:25	46	3:19:25
Blankenstein	17.60	2:14:24	7:38	144	1:10:40	222	1:10:40	168.97	15:07:24	5:22	65	4:29:02	81	4:29:02