



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

□□□□

Herzog-Georg-Nachlauf-Team

□□□: 15:20:40

□□: 136

□□: 10.95 km/h

□□□□: 5:27 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 99 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 81(of 147)

Männerstaffel

□□□□□□□: 10:38:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:05:52	4:23	18	13:55	22	13:55	15.02	1:05:52	4:23	18	13:55	22	13:55
Kleiner Inselfber	18.94	2:02:28	6:27	134	46:16	194	46:16	33.96	3:08:20	5:32	92	58:39	126	58:39
Neue Ausspanne	13.90	1:14:09	5:20	71	26:55	86	26:55	47.86	4:22:29	5:29	77	1:25:34	105	1:25:34
Grenzdler	13.68	1:17:56	5:41	94	24:53	122	24:53	61.54	5:40:25	5:31	84	1:50:27	106	1:50:27
Allzunah	19.96	1:29:31	4:29	26	15:30	32	17:04	81.50	7:09:56	5:16	64	2:01:48	79	2:01:48
Masserberg	17.89	1:51:04	6:12	123	45:13	169	48:07	99.39	9:01:00	5:26	75	2:45:00	92	2:45:00
Neuhaus	19.86	1:52:11	5:38	91	36:23	131	41:49	119.25	10:53:11	5:28	79	3:13:58	96	3:13:58
Schildwiese	13.54	1:18:08	5:46	105	36:30	143	36:30	132.79	12:11:19	5:30	87	3:43:12	106	3:43:12
Grumbach	18.58	1:29:41	4:49	47	24:27	64	24:27	151.37	13:41:00	5:25	76	4:07:25	92	4:07:25
Blankenstein	17.60	1:39:40	5:39	109	35:56	157	35:56	168.97	15:20:40	5:26	81	4:42:18	99	4:42:18