



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Laufgruppe EnerGuido

□□□: 16:21:29

□□: 521

□□: 10.27 km/h

□□□□: 5:49 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 167 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 37(of 66)

Mixstaffel

□□□□□□□: 11:54:56

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□□□□

□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | □□ |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|------|----|---------|-----|---------|
| Hohe Sonne | 15.02 | 1:22:47 | 5:30 | 43 | 21:34 | 161 | 30:50 | 15.02 | 1:22:47 | 5:30 | 43 | 21:34 | 222 | 30:50 |
| Kleiner Inselsber | 18.94 | 1:51:22 | 5:52 | 34 | 27:45 | 144 | 35:10 | 33.96 | 3:14:09 | 5:43 | 38 | 47:10 | 222 | 1:04:28 |
| Neue Ausspanne | 13.90 | 1:25:23 | 6:08 | 40 | 20:23 | 175 | 38:09 | 47.86 | 4:39:32 | 5:50 | 45 | 1:07:16 | 225 | 1:42:37 |
| Grenzadler | 13.68 | 1:20:26 | 5:52 | 27 | 17:20 | 136 | 27:23 | 61.54 | 5:59:58 | 5:50 | 36 | 1:17:41 | 225 | 2:10:00 |
| Allzunah | 19.96 | 2:05:48 | 6:18 | 55 | 53:21 | 203 | 53:21 | 81.50 | 8:05:46 | 5:57 | 46 | 2:07:42 | 223 | 2:57:38 |
| Masserberg | 17.89 | 1:49:14 | 6:06 | 34 | 46:17 | 157 | 46:17 | 99.39 | 9:55:00 | 5:59 | 45 | 2:38:00 | 225 | 3:39:00 |
| Neuhaus | 19.86 | 1:46:03 | 5:20 | 27 | 35:41 | 100 | 35:41 | 119.25 | 11:41:03 | 5:52 | 39 | 3:12:48 | 225 | 4:01:50 |
| Schildwiese | 13.54 | 1:23:06 | 6:08 | 50 | 21:46 | 181 | 41:28 | 132.79 | 13:04:09 | 5:54 | 41 | 3:34:28 | 225 | 4:36:02 |
| Grumbach | 18.58 | 1:39:51 | 5:22 | 31 | 30:09 | 131 | 34:37 | 151.37 | 14:44:00 | 5:50 | 39 | 4:04:37 | 225 | 5:10:25 |
| Blankenstein | 17.60 | 1:37:29 | 5:32 | 29 | 24:00 | 131 | 33:45 | 168.97 | 16:21:29 | 5:48 | 37 | 4:26:33 | 167 | 5:43:07 |