



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

□□□□

Sömmerdaer Gipfelstürmerladies

□□□: 16:23:12

□□: 12

□□: 10.25 km/h

□□□□: 5:49 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 171 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 5(of 12)

Frauenstaffel

□□□□□□□: 12:46:06

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 15.02 | 1:30:53 | 6:03 | 8 | 26:14 | 200 | 38:56 | 15.02 | 1:30:53 | 6:03 | 8 | 26:14 | 222 | 38:56 |
| Kleiner Inselsber | 18.94 | 2:00:16 | 6:20 | 6 | 32:55 | 191 | 44:04 | 33.96 | 3:31:09 | 6:13 | 6 | 49:26 | 222 | 1:21:28 |
| Neue Ausspanne | 13.90 | 1:21:16 | 5:50 | 7 | 22:25 | 139 | 34:02 | 47.86 | 4:52:25 | 6:06 | 6 | 1:11:48 | 225 | 1:55:30 |
| Grenzadler | 13.68 | 1:24:51 | 6:12 | 9 | 23:17 | 171 | 31:48 | 61.54 | 6:17:16 | 6:07 | 6 | 1:30:42 | 225 | 2:27:18 |
| Allzunah | 19.96 | 2:04:19 | 6:13 | 8 | 36:34 | 201 | 51:52 | 81.50 | 8:21:35 | 6:09 | 6 | 2:07:16 | 223 | 3:13:27 |
| Masserberg | 17.89 | 1:45:25 | 5:53 | 5 | 22:44 | 133 | 42:28 | 99.39 | 10:07:00 | 6:06 | 6 | 2:30:00 | 225 | 3:51:00 |
| Neuhaus | 19.86 | 1:34:56 | 4:46 | 2 | 0:48 | 34 | 24:34 | 119.25 | 11:41:56 | 5:53 | 6 | 2:30:48 | 225 | 4:02:43 |
| Schildwiese | 13.54 | 1:10:50 | 5:13 | 7 | 12:45 | 84 | 29:12 | 132.79 | 12:52:46 | 5:49 | 6 | 2:43:33 | 225 | 4:24:39 |
| Grumbach | 18.58 | 1:45:14 | 5:39 | 7 | 24:38 | 165 | 40:00 | 151.37 | 14:38:00 | 5:48 | 5 | 3:07:20 | 165 | 5:04:25 |
| Blankenstein | 17.60 | 1:45:12 | 5:58 | 10 | 29:46 | 182 | 41:28 | 168.97 | 16:23:12 | 5:49 | 5 | 3:37:06 | 171 | 5:44:50 |