



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

0000

nu pagadi

000: 15:42:51

00: 178

00: 10.69 km/h

0000: 5:35 min/km

00: 168.97 km

Hörschel-Blankenstein

00000: 125 (of 225)

000000: 10:38:22

0000:

00000: 102(of 147)

Männerstaffel

0000000: 10:38:22

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Hohe Sonne	15.02	1:32:42	6:10	139	40:45	205	40:45	15.02	1:32:42	6:10	139	40:45	205	40:45
Kleiner Inselsber	18.94	1:47:30	5:40	87	31:18	118	31:18	33.96	3:20:12	5:53	128	1:10:31	179	1:10:31
Neue Ausspanne	13.90	1:12:18	5:12	65	25:04	77	25:04	47.86	4:32:30	5:41	113	1:35:35	151	1:35:35
Grenzadler	13.68	1:17:42	5:40	90	24:39	116	24:39	61.54	5:50:12	5:41	108	2:00:14	137	2:00:14
Allzunah	19.96	1:33:54	4:42	43	19:53	52	21:27	81.50	7:24:06	5:26	80	2:15:58	100	2:15:58
Masserberg	17.89	1:53:54	6:22	128	48:03	178	50:57	99.39	9:18:00	5:36	101	3:02:00	122	3:02:00
Neuhaus	19.86	2:04:32	6:16	127	48:44	191	54:10	119.25	11:22:32	5:43	112	3:43:19	146	3:43:19
Schildwiese	13.54	1:20:01	5:54	109	38:23	156	38:23	132.79	12:42:33	5:44	115	4:14:26	151	4:14:26
Grumbach	18.58	1:27:27	4:42	39	22:13	54	22:13	151.37	14:10:00	5:36	101	4:36:25	126	4:36:25
Blankenstein	17.60	1:32:51	5:16	81	29:07	107	29:07	168.97	15:42:51	5:34	102	5:04:29	125	5:04:29