



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

□□□□

Die flinken Gerataler 1

□□□: 15:41:34

□□: 182

□□: 10.71 km/h

□□□□: 5:34 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 124 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 101(of 147)

Männerstaffel

□□□□□□□: 10:38:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:06:14	4:24	22	14:17	26	14:17	15.02	1:06:14	4:24	22	14:17	26	14:17
Kleiner Inselfber	18.94	1:33:56	4:57	21	17:44	31	17:44	33.96	2:40:10	4:42	16	30:29	22	30:29
Neue Ausspanne	13.90	1:17:14	5:33	92	30:00	110	30:00	47.86	3:57:24	4:57	26	1:00:29	34	1:00:29
Grenzdler	13.68	1:27:54	6:25	130	34:51	189	34:51	61.54	5:25:18	5:17	50	1:35:20	64	1:35:20
Allzunah	19.96	1:42:49	5:09	82	28:48	109	30:22	81.50	7:08:07	5:15	61	1:59:59	76	1:59:59
Masserberg	17.89	1:36:53	5:24	64	31:02	85	33:56	99.39	8:45:00	5:16	54	2:29:00	67	2:29:00
Neuhaus	19.86	2:11:45	6:38	138	55:57	210	1:01:23	119.25	10:56:45	5:30	85	3:17:32	104	3:17:32
Schildwiese	13.54	1:08:17	5:02	54	26:39	68	26:39	132.79	12:05:02	5:27	81	3:36:55	97	3:36:55
Grumbach	18.58	1:56:58	6:17	137	51:44	206	51:44	151.37	14:02:00	5:33	97	4:28:25	121	4:28:25
Blankenstein	17.60	1:39:34	5:39	107	35:50	155	35:50	168.97	15:41:34	5:34	101	5:03:12	124	5:03:12