



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

□□□□

Wechselprofis

□□□: 15:58:12

□□: 188

□□: 10.52 km/h

□□□□: 5:40 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 142 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 113(of 147)

Männerstaffel

□□□□□□□: 10:38:22

□□□□

□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□    | □□□      | □□   | □□  | □□      | □□  |         |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|------|-----|---------|-----|---------|
| Hohe Sonne        | 15.02    | 1:25:57         | 5:43    | 128     | 34:00     | 181       | 34:00 | 15.02  | 1:25:57  | 5:43 | 128 | 34:00   | 181 | 34:00   |
| Kleiner Inselfber | 18.94    | 1:45:06         | 5:32    | 69      | 28:54     | 94        | 28:54 | 33.96  | 3:11:03  | 5:37 | 104 | 1:01:22 | 142 | 1:01:22 |
| Neue Ausspanne    | 13.90    | 1:16:19         | 5:29    | 87      | 29:05     | 103       | 29:05 | 47.86  | 4:27:22  | 5:35 | 96  | 1:30:27 | 129 | 1:30:27 |
| Grenzdler         | 13.68    | 1:25:51         | 6:16    | 121     | 32:48     | 175       | 32:48 | 61.54  | 5:53:13  | 5:44 | 119 | 2:03:15 | 151 | 2:03:15 |
| Allzunah          | 19.96    | 1:46:32         | 5:20    | 99      | 32:31     | 135       | 34:05 | 81.50  | 7:39:45  | 5:38 | 112 | 2:31:37 | 140 | 2:31:37 |
| Masserberg        | 17.89    | 1:23:15         | 4:39    | 24      | 17:24     | 31        | 20:18 | 99.39  | 9:03:00  | 5:27 | 76  | 2:47:00 | 94  | 2:47:00 |
| Neuhaus           | 19.86    | 2:07:50         | 6:26    | 134     | 52:02     | 203       | 57:28 | 119.25 | 11:10:50 | 5:37 | 98  | 3:31:37 | 123 | 3:31:37 |
| Schildwiese       | 13.54    | 1:20:59         | 5:58    | 117     | 39:21     | 166       | 39:21 | 132.79 | 12:31:49 | 5:39 | 102 | 4:03:42 | 127 | 4:03:42 |
| Grumbach          | 18.58    | 1:53:11         | 6:05    | 132     | 47:57     | 193       | 47:57 | 151.37 | 14:25:00 | 5:42 | 114 | 4:51:25 | 148 | 4:51:25 |
| Blankenstein      | 17.60    | 1:33:12         | 5:17    | 86      | 29:28     | 114       | 29:28 | 168.97 | 15:58:12 | 5:40 | 113 | 5:19:50 | 142 | 5:19:50 |