



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Dolmarhoppers

□□□: 15:51:07

□□: 244

□□: 10.60 km/h

□□□□: 5:38 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 133 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 107(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne        | 15.02    | 1:11:20  | 4:44         | 36      | 19:23   | 49        | 19:23     | 15.02  | 1:11:20  | 4:44 | 36      | 19:23   | 49        | 19:23     |
| Kleiner Inselsber | 18.94    | 1:45:50  | 5:35         | 74      | 29:38   | 101       | 29:38     | 33.96  | 2:57:10  | 5:13 | 48      | 47:29   | 66        | 47:29     |
| Neue Ausspanne    | 13.90    | 1:10:58  | 5:06         | 55      | 23:44   | 67        | 23:44     | 47.86  | 4:08:08  | 5:11 | 47      | 1:11:13 | 61        | 1:11:13   |
| Grenzadler        | 13.68    | 1:21:48  | 5:58         | 107     | 28:45   | 148       | 28:45     | 61.54  | 5:29:56  | 5:21 | 61      | 1:39:58 | 77        | 1:39:58   |
| Allzunah          | 19.96    | 1:37:25  | 4:52         | 59      | 23:24   | 73        | 24:58     | 81.50  | 7:07:21  | 5:14 | 58      | 1:59:13 | 73        | 1:59:13   |
| Masserberg        | 17.89    | 1:45:39  | 5:54         | 101     | 39:48   | 134       | 42:42     | 99.39  | 8:53:00  | 5:21 | 63      | 2:37:00 | 78        | 2:37:00   |
| Neuhaus           | 19.86    | 1:48:32  | 5:27         | 76      | 32:44   | 110       | 38:10     | 119.25 | 10:41:32 | 5:22 | 65      | 3:02:19 | 79        | 3:02:19   |
| Schildwiese       | 13.54    | 1:15:03  | 5:32         | 92      | 33:25   | 120       | 33:25     | 132.79 | 11:56:35 | 5:23 | 68      | 3:28:28 | 83        | 3:28:28   |
| Grumbach          | 18.58    | 1:38:25  | 5:17         | 92      | 33:11   | 121       | 33:11     | 151.37 | 13:35:00 | 5:23 | 65      | 4:01:25 | 80        | 4:01:25   |
| Blankenstein      | 17.60    | 2:16:07  | 7:44         | 145     | 1:12:23 | 223       | 1:12:23   | 168.97 | 15:51:07 | 5:37 | 107     | 5:12:45 | 133       | 5:12:45   |