



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

☐☐☐☐

Coffee to go

☐☐: 176

☐☐: 168.97 km

Hörschel-Blankenstein

☐☐☐☐:

Männerstaffel

☐☐☐: 15:52:35

☐☐: 10.64 km/h

☐☐☐☐: 5:38 min/km

☐☐☐☐☐: 135 (of 225)

☐☐☐☐☐☐: 10:38:22

☐☐☐☐☐: 109(of 147)

☐☐☐☐☐☐☐: 10:38:22

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☐☐☐	☐☐ km	☐☐ ☐☐ min/km	☐☐ -	☐☐ -	☐☐ ☐☐☐	☐☐ ☐☐☐	☐☐☐	☐☐☐ km	☐☐☐ ☐☐ min/km	☐☐☐ -	☐☐☐ -	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	
Hohe Sonne	15.02	1:24:52	5:39	122	32:55	175	32:55	15.02	1:24:52	5:39	122	32:55	175	32:55
Kleiner Inselsber	18.94	1:47:49	5:41	89	31:37	121	31:37	33.96	3:12:41	5:40	111	1:03:00	150	1:03:00
Neue Ausspanne	13.90	1:42:46	7:23	144	55:32	216	55:32	47.86	4:55:27	6:10	139	1:58:32	201	1:58:32
Grenzdler	13.68	1:17:40	5:40	89	24:37	115	24:37	61.54	6:13:07	6:03	137	2:23:09	191	2:23:09
Allzunah	19.96	2:01:22	6:04	136	47:21	196	48:55	81.50	8:14:29	6:04	138	3:06:21	194	3:06:21
Masserberg	17.89	1:23:31	4:40	25	17:40	32	20:34	99.39	9:38:00	5:48	129	3:22:00	168	3:22:00
Neuhaus	19.86	1:41:00	5:05	42	25:12	62	30:38	119.25	11:19:00	5:41	108	3:39:47	137	3:39:47
Schildwiese	13.54	1:29:27	6:36	137	47:49	206	47:49	132.79	12:48:27	5:47	120	4:20:20	160	4:20:20
Grumbach	18.58	1:39:33	5:21	95	34:19	129	34:19	151.37	14:28:00	5:44	117	4:54:25	152	4:54:25
Blankenstein	17.60	1:24:35	4:48	51	20:51	66	20:51	168.97	15:52:35	5:38	109	5:14:13	135	5:14:13