



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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**Laufteam Scheler 2**

□□□: 17:03:15

□□: 567

□□: 9.85 km/h  
□□□□: 6:04 min/km

□□: 168.97 km  
Hörschel-Blankenstein

□□□□□: 202 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 53(of 66)

Mixstaffel

□□□□□□□: 11:54:56

□□□□

□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne        | 15.02    | 1:33:48  | 6:14         | 60      | 32:35   | 209       | 41:51     | 15.02  | 1:33:48  | 6:14 | 60      | 32:35   | 222       | 41:51     |
| Kleiner Inselsber | 18.94    | 2:06:50  | 6:41         | 57      | 43:13   | 202       | 50:38     | 33.96  | 3:40:38  | 6:29 | 60      | 1:13:39 | 222       | 1:30:57   |
| Neue Ausspanne    | 13.90    | 1:20:13  | 5:46         | 22      | 15:13   | 129       | 32:59     | 47.86  | 5:00:51  | 6:17 | 60      | 1:28:35 | 225       | 2:03:56   |
| Grenzdler         | 13.68    | 1:20:45  | 5:54         | 30      | 17:39   | 139       | 27:42     | 61.54  | 6:21:36  | 6:12 | 57      | 1:39:19 | 225       | 2:31:38   |
| Allzunah          | 19.96    | 1:56:05  | 5:48         | 44      | 43:38   | 174       | 43:38     | 81.50  | 8:17:41  | 6:06 | 54      | 2:19:37 | 223       | 3:09:33   |
| Masserberg        | 17.89    | 1:55:19  | 6:26         | 42      | 52:22   | 182       | 52:22     | 99.39  | 10:13:00 | 6:10 | 59      | 2:56:00 | 225       | 3:57:00   |
| Neuhaus           | 19.86    | 2:02:21  | 6:09         | 51      | 51:59   | 184       | 51:59     | 119.25 | 12:15:21 | 6:09 | 57      | 3:47:06 | 225       | 4:36:08   |
| Schildwiese       | 13.54    | 1:21:12  | 5:59         | 42      | 19:52   | 168       | 39:34     | 132.79 | 13:36:33 | 6:08 | 56      | 4:06:52 | 225       | 5:08:26   |
| Grumbach          | 18.58    | 1:48:27  | 5:50         | 46      | 38:45   | 176       | 43:13     | 151.37 | 15:25:00 | 6:06 | 56      | 4:45:37 | 225       | 5:51:25   |
| Blankenstein      | 17.60    | 1:38:15  | 5:34         | 34      | 24:46   | 141       | 34:31     | 168.97 | 17:03:15 | 6:03 | 53      | 5:08:19 | 202       | 6:24:53   |