



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

□□□□

Creuzburger Laufbuben

□□□: 16:51:07

□□: 151

□□: 9.97 km/h

□□□□: 5:59 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 195 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 140(of 147)

Männerstaffel

□□□□□□□: 10:38:22

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 15.02 | 1:30:10 | 6:00 | 138 | 38:13 | 199 | 38:13 | 15.02 | 1:30:10 | 6:00 | 138 | 38:13 | 199 | 38:13 |
| Kleiner Inselsber | 18.94 | 1:50:21 | 5:49 | 100 | 34:09 | 136 | 34:09 | 33.96 | 3:20:31 | 5:54 | 130 | 1:10:50 | 182 | 1:10:50 |
| Neue Ausspanne | 13.90 | 1:32:29 | 6:39 | 136 | 45:15 | 201 | 45:15 | 47.86 | 4:53:00 | 6:07 | 138 | 1:56:05 | 196 | 1:56:05 |
| Grenzadler | 13.68 | 1:46:13 | 7:45 | 146 | 53:10 | 223 | 53:10 | 61.54 | 6:39:13 | 6:29 | 144 | 2:49:15 | 214 | 2:49:15 |
| Allzunah | 19.96 | 1:54:42 | 5:44 | 123 | 40:41 | 172 | 42:15 | 81.50 | 8:33:55 | 6:18 | 143 | 3:25:47 | 210 | 3:25:47 |
| Masserberg | 17.89 | 1:46:03 | 5:55 | 106 | 40:12 | 141 | 43:06 | 99.39 | 10:19:58 | 6:14 | 142 | 4:03:58 | 209 | 4:03:58 |
| Neuhaus | 19.86 | 1:53:30 | 5:42 | 97 | 37:42 | 139 | 43:08 | 119.25 | 12:13:28 | 6:09 | 142 | 4:34:15 | 205 | 4:34:15 |
| Schildwiese | 13.54 | 1:23:01 | 6:07 | 121 | 41:23 | 180 | 41:23 | 132.79 | 13:36:29 | 6:08 | 142 | 5:08:22 | 203 | 5:08:22 |
| Grumbach | 18.58 | 1:33:29 | 5:01 | 62 | 28:15 | 83 | 28:15 | 151.37 | 15:09:58 | 6:00 | 141 | 5:36:23 | 196 | 5:36:23 |
| Blankenstein | 17.60 | 1:41:09 | 5:44 | 118 | 37:25 | 167 | 37:25 | 168.97 | 16:51:07 | 5:59 | 140 | 6:12:45 | 195 | 6:12:45 |