



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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X-Runners 1

□□□: 10:49:03

□□: 110

□□: 15.53 km/h
□□□□: 3:50 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 2 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 2(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 15.02 | 56:09 | 3:44 | 3 | 4:12 | 3 | 4:12 | 15.02 | 56:09 | 3:44 | 3 | 4:12 | 3 | 4:12 |
| Kleiner Inselsber | 18.94 | 1:21:48 | 4:19 | 3 | 5:36 | 3 | 5:36 | 33.96 | 2:17:57 | 4:03 | 4 | 8:16 | 4 | 8:16 |
| Neue Ausspanne | 13.90 | 51:12 | 3:41 | 2 | 3:58 | 2 | 3:58 | 47.86 | 3:09:09 | 3:57 | 2 | 12:14 | 2 | 12:14 |
| Grenzdler | 13.68 | 53:06 | 3:52 | 2 | 0:03 | 2 | 0:03 | 61.54 | 4:02:15 | 3:56 | 2 | 12:17 | 2 | 12:17 |
| Allzunah | 19.96 | 1:15:54 | 3:48 | 2 | 1:53 | 4 | 3:27 | 81.50 | 5:18:09 | 3:54 | 2 | 10:01 | 2 | 10:01 |
| Masserberg | 17.89 | 1:05:51 | 3:40 | 1 | - | 2 | 2:54 | 99.39 | 6:24:00 | 3:51 | 2 | 8:00 | 2 | 8:00 |
| Neuhaus | 19.86 | 1:16:25 | 3:50 | 2 | 0:37 | 4 | 6:03 | 119.25 | 7:40:25 | 3:51 | 2 | 1:12 | 2 | 1:12 |
| Schildwiese | 13.54 | 50:57 | 3:45 | 5 | 9:19 | 5 | 9:19 | 132.79 | 8:31:22 | 3:51 | 2 | 3:15 | 2 | 3:15 |
| Grumbach | 18.58 | 1:12:16 | 3:53 | 4 | 7:02 | 5 | 7:02 | 151.37 | 9:43:38 | 3:51 | 2 | 10:03 | 2 | 10:03 |
| Blankenstein | 17.60 | 1:05:25 | 3:43 | 5 | 1:41 | 5 | 1:41 | 168.97 | 10:49:03 | 3:50 | 2 | 10:41 | 2 | 10:41 |