



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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De Rosenthaler

□□□: 16:21:18

□□: 576

□□: 10.27 km/h

□□□□: 5:49 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 166 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 126(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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| □□□               | □□    | □□      | □□     | □□  | □□      | □□  | □□      | □□□    | □□□      | □□□    | □□  | □□      | □□  | □□      |
|-------------------|-------|---------|--------|-----|---------|-----|---------|--------|----------|--------|-----|---------|-----|---------|
|                   | km    | □□      | min/km | -   | -       | □□□ | □□□     | km     | □□       | min/km | -   | -       | □□□ | □□□     |
| Hohe Sonne        | 15.02 | 1:23:57 | 5:35   | 118 | 32:00   | 170 | 32:00   | 15.02  | 1:23:57  | 5:35   | 118 | 32:00   | 170 | 32:00   |
| Kleiner Inselsber | 18.94 | 2:05:15 | 6:36   | 136 | 49:03   | 198 | 49:03   | 33.96  | 3:29:12  | 6:09   | 141 | 1:19:31 | 202 | 1:19:31 |
| Neue Ausspanne    | 13.90 | 1:12:31 | 5:13   | 66  | 25:17   | 78  | 25:17   | 47.86  | 4:41:43  | 5:53   | 131 | 1:44:48 | 181 | 1:44:48 |
| Grenzadler        | 13.68 | 1:14:12 | 5:25   | 74  | 21:09   | 90  | 21:09   | 61.54  | 5:55:55  | 5:47   | 122 | 2:05:57 | 158 | 2:05:57 |
| Allzunah          | 19.96 | 1:35:56 | 4:48   | 50  | 21:55   | 62  | 23:29   | 81.50  | 7:31:51  | 5:32   | 99  | 2:23:43 | 122 | 2:23:43 |
| Masserberg        | 17.89 | 2:08:09 | 7:09   | 142 | 1:02:18 | 211 | 1:05:12 | 99.39  | 9:40:00  | 5:50   | 130 | 3:24:00 | 170 | 3:24:00 |
| Neuhaus           | 19.86 | 1:56:49 | 5:52   | 109 | 41:01   | 158 | 46:27   | 119.25 | 11:36:49 | 5:50   | 125 | 3:57:36 | 167 | 3:57:36 |
| Schildwiese       | 13.54 | 1:30:50 | 6:42   | 139 | 49:12   | 210 | 49:12   | 132.79 | 13:07:39 | 5:55   | 131 | 4:39:32 | 181 | 4:39:32 |
| Grumbach          | 18.58 | 1:35:21 | 5:07   | 70  | 30:07   | 95  | 30:07   | 151.37 | 14:43:00 | 5:50   | 126 | 5:09:25 | 170 | 5:09:25 |
| Blankenstein      | 17.60 | 1:38:18 | 5:35   | 99  | 34:34   | 142 | 34:34   | 168.97 | 16:21:18 | 5:48   | 126 | 5:42:56 | 166 | 5:42:56 |