



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Die Gusseisernen

□□□: 16:25:29

□□: 187

□□: 10.23 km/h

□□□□: 5:50 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 173 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 129(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ | |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|---------|---------|-----------|-----------|---------|
| Hohe Sonne | 15.02 | 1:24:31 | 5:37 | 120 | 32:34 | 172 | 32:34 | 15.02 | 1:24:31 | 5:37 | 120 | 32:34 | 172 | 32:34 |
| Kleiner Inselfber | 18.94 | 1:57:41 | 6:12 | 127 | 41:29 | 180 | 41:29 | 33.96 | 3:22:12 | 5:57 | 133 | 1:12:31 | 189 | 1:12:31 |
| Neue Ausspanne | 13.90 | 1:23:33 | 6:00 | 120 | 36:19 | 163 | 36:19 | 47.86 | 4:45:45 | 5:58 | 134 | 1:48:50 | 186 | 1:48:50 |
| Grenzdler | 13.68 | 1:29:02 | 6:30 | 132 | 35:59 | 192 | 35:59 | 61.54 | 6:14:47 | 6:05 | 138 | 2:24:49 | 195 | 2:24:49 |
| Allzunah | 19.96 | 2:07:33 | 6:23 | 143 | 53:32 | 209 | 55:06 | 81.50 | 8:22:20 | 6:09 | 140 | 3:14:12 | 203 | 3:14:12 |
| Masserberg | 17.89 | 1:29:29 | 5:00 | 37 | 23:38 | 49 | 26:32 | 99.39 | 9:51:49 | 5:57 | 135 | 3:35:49 | 179 | 3:35:49 |
| Neuhaus | 19.86 | 1:59:08 | 5:59 | 118 | 43:20 | 170 | 48:46 | 119.25 | 11:50:57 | 5:57 | 133 | 4:11:44 | 184 | 4:11:44 |
| Schildwiese | 13.54 | 1:13:32 | 5:25 | 83 | 31:54 | 109 | 31:54 | 132.79 | 13:04:29 | 5:54 | 130 | 4:36:22 | 177 | 4:36:22 |
| Grumbach | 18.58 | 1:40:31 | 5:24 | 97 | 35:17 | 133 | 35:17 | 151.37 | 14:45:00 | 5:50 | 127 | 5:11:25 | 173 | 5:11:25 |
| Blankenstein | 17.60 | 1:40:29 | 5:42 | 113 | 36:45 | 161 | 36:45 | 168.97 | 16:25:29 | 5:49 | 129 | 5:47:07 | 173 | 5:47:07 |