



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

□□□□

Speedy s Sport Schart

□□□: 12:22:44

□□: 101

□□: 13.57 km/h

□□□□: 4:24 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 11 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 10(of 147)

Männerstaffel

□□□□□□□: 10:38:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Hohe Sonne	15.02	1:02:52	4:11	13	10:55	15	10:55	15.02	1:02:52	4:11	13	10:55	15	10:55
Kleiner Inselsber	18.94	1:27:15	4:36	8	11:03	11	11:03	33.96	2:30:07	4:25	9	20:26	11	20:26
Neue Ausspanne	13.90	59:32	4:16	11	12:18	12	12:18	47.86	3:29:39	4:22	10	32:44	10	32:44
Grenzadler	13.68	59:58	4:23	11	6:55	11	6:55	61.54	4:29:37	4:22	9	39:39	9	39:39
Allzunah	19.96	1:28:20	4:25	23	14:19	28	15:53	81.50	5:57:57	4:23	11	49:49	11	49:49
Masserberg	17.89	1:24:03	4:41	26	18:12	33	21:06	99.39	7:22:00	4:26	12	1:06:00	13	1:06:00
Neuhaus	19.86	1:32:15	4:38	19	16:27	25	21:53	119.25	8:54:15	4:28	12	1:15:02	13	1:15:02
Schildwiese	13.54	1:00:55	4:29	23	19:17	24	19:17	132.79	9:55:10	4:28	11	1:27:03	12	1:27:03
Grumbach	18.58	1:19:34	4:16	14	14:20	19	14:20	151.37	11:14:44	4:27	12	1:41:09	13	1:41:09
Blankenstein	17.60	1:08:00	3:51	6	4:16	6	4:16	168.97	12:22:44	4:23	10	1:44:22	11	1:44:22