



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

□□□□

Harzer Teufel powered by Holzpartner □□□□ 12:50:20

□□: 238

□□: 13.09 km/h  
□□□□: 4:34 min/km

□□: 168.97 km  
Hörschel-Blankenstein

□□□□□: 15 (of 225)

□□□□□□: 10:38:22

□□□□:  
Männerstaffel

□□□□□: 13(of 147)

□□□□□□□: 10:38:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Hohe Sonne	15.02	1:02:51	4:11	12	10:54	14	10:54	15.02	1:02:51	4:11	12	10:54	14	10:54
Kleiner Inselsber	18.94	1:37:28	5:08	35	21:16	50	21:16	33.96	2:40:19	4:43	17	30:38	23	30:38
Neue Ausspanne	13.90	1:13:09	5:15	69	25:55	82	25:55	47.86	3:53:28	4:52	20	56:33	26	56:33
Grenzadler	13.68	55:32	4:03	4	2:29	4	2:29	61.54	4:49:00	4:41	16	59:02	20	59:02
Allzunah	19.96	1:32:18	4:37	36	18:17	44	19:51	81.50	6:21:18	4:40	18	1:13:10	21	1:13:10
Masserberg	17.89	1:11:42	4:00	4	5:51	7	8:45	99.39	7:33:00	4:33	13	1:17:00	14	1:17:00
Neuhaus	19.86	1:42:07	5:08	49	26:19	71	31:45	119.25	9:15:07	4:39	17	1:35:54	19	1:35:54
Schildwiese	13.54	1:04:15	4:44	34	22:37	39	22:37	132.79	10:19:22	4:39	17	1:51:15	19	1:51:15
Grumbach	18.58	1:20:46	4:20	16	15:32	23	15:32	151.37	11:40:08	4:37	16	2:06:33	18	2:06:33
Blankenstein	17.60	1:10:12	3:59	8	6:28	8	6:28	168.97	12:50:20	4:33	13	2:11:58	15	2:11:58