



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

□□□□

Werratal Runners

□□□: 12:59:28

□□: 226

□□: 12.93 km/h

□□□□: 4:37 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 19 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 16(of 147)

Männerstaffel

□□□□□□□: 10:38:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hohe Sonne	15.02	1:08:02	4:31	26	16:05	35	16:05	15.02	1:08:02	4:31	26	16:05	35	16:05
Kleiner Inselsber	18.94	1:31:14	4:49	15	15:02	21	15:02	33.96	2:39:16	4:41	15	29:35	20	29:35
Neue Ausspanne	13.90	1:02:40	4:30	17	15:26	18	15:26	47.86	3:41:56	4:38	15	45:01	18	45:01
Grenzadler	13.68	1:01:46	4:30	15	8:43	16	8:43	61.54	4:43:42	4:36	14	53:44	15	53:44
Allzunah	19.96	1:33:48	4:41	41	19:47	50	21:21	81.50	6:17:30	4:37	17	1:09:22	20	1:09:22
Masserberg	17.89	1:22:30	4:36	22	16:39	28	19:33	99.39	7:40:00	4:37	17	1:24:00	19	1:24:00
Neuhaus	19.86	1:29:44	4:31	13	13:56	17	19:22	119.25	9:09:44	4:36	13	1:30:31	14	1:30:31
Schildwiese	13.54	1:04:18	4:44	35	22:40	40	22:40	132.79	10:14:02	4:37	16	1:45:55	18	1:45:55
Grumbach	18.58	1:25:58	4:37	28	20:44	43	20:44	151.37	11:40:00	4:37	15	2:06:25	17	2:06:25
Blankenstein	17.60	1:19:28	4:30	31	15:44	38	15:44	168.97	12:59:28	4:36	16	2:21:06	19	2:21:06