



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Fit mit Schmidt

□□□: 12:59:49

□□: 141

□□: 13.00 km/h

□□□□: 4:37 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 21 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 17(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hohe Sonne	15.02	1:14:45	4:58	60	22:48	85	22:48	15.02	1:14:45	4:58	60	22:48	85	22:48
Kleiner Inselsber	18.94	1:34:37	4:59	23	18:25	35	18:25	33.96	2:49:22	4:59	26	39:41	37	39:41
Neue Ausspanne	13.90	1:04:37	4:38	32	17:23	34	17:23	47.86	3:53:59	4:53	22	57:04	28	57:04
Grenzadler	13.68	1:00:55	4:27	12	7:52	12	7:52	61.54	4:54:54	4:47	19	1:04:56	23	1:04:56
Allzunah	19.96	1:22:23	4:07	11	8:22	14	9:56	81.50	6:17:17	4:37	15	1:09:09	18	1:09:09
Masserberg	17.89	1:33:43	5:14	51	27:52	65	30:46	99.39	7:51:00	4:44	20	1:35:00	23	1:35:00
Neuhaus	19.86	1:30:11	4:32	14	14:23	18	19:49	119.25	9:21:11	4:42	19	1:41:58	22	1:41:58
Schildwiese	13.54	1:00:35	4:28	22	18:57	23	18:57	132.79	10:21:46	4:40	18	1:53:39	20	1:53:39
Grumbach	18.58	1:25:14	4:35	26	20:00	39	20:00	151.37	11:47:00	4:40	18	2:13:25	22	2:13:25
Blankenstein	17.60	1:12:49	4:08	15	9:05	15	9:05	168.97	12:59:49	4:36	17	2:21:27	21	2:21:27