



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Run for the Kids

□□□: 13:58:39

□□: 239

□□: 12.02 km/h

□□□□: 4:58 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 38 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 29(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 15.02 | 1:00:49 | 4:02 | 9 | 8:52 | 9 | 8:52 | 15.02 | 1:00:49 | 4:02 | 9 | 8:52 | 9 | 8:52 |
| Kleiner Inselsber | 18.94 | 1:24:01 | 4:26 | 6 | 7:49 | 8 | 7:49 | 33.96 | 2:24:50 | 4:15 | 6 | 15:09 | 6 | 15:09 |
| Neue Ausspanne | 13.90 | 1:08:35 | 4:56 | 41 | 21:21 | 48 | 21:21 | 47.86 | 3:33:25 | 4:27 | 12 | 36:30 | 13 | 36:30 |
| Grenzadler | 13.68 | 1:05:48 | 4:48 | 30 | 12:45 | 34 | 12:45 | 61.54 | 4:39:13 | 4:32 | 12 | 49:15 | 12 | 49:15 |
| Allzunah | 19.96 | 1:28:02 | 4:24 | 22 | 14:01 | 27 | 15:35 | 81.50 | 6:07:15 | 4:30 | 13 | 59:07 | 15 | 59:07 |
| Masserberg | 17.89 | 1:26:45 | 4:50 | 33 | 20:54 | 41 | 23:48 | 99.39 | 7:34:00 | 4:34 | 16 | 1:18:00 | 17 | 1:18:00 |
| Neuhaus | 19.86 | 2:14:57 | 6:47 | 140 | 59:09 | 214 | 1:04:35 | 119.25 | 9:48:57 | 4:56 | 22 | 2:09:44 | 28 | 2:09:44 |
| Schildwiese | 13.54 | 53:56 | 3:58 | 8 | 12:18 | 8 | 12:18 | 132.79 | 10:42:53 | 4:50 | 21 | 2:14:46 | 25 | 2:14:46 |
| Grumbach | 18.58 | 1:37:07 | 5:13 | 79 | 31:53 | 106 | 31:53 | 151.37 | 12:20:00 | 4:53 | 21 | 2:46:25 | 28 | 2:46:25 |
| Blankenstein | 17.60 | 1:38:39 | 5:36 | 101 | 34:55 | 145 | 34:55 | 168.97 | 13:58:39 | 4:57 | 29 | 3:20:17 | 38 | 3:20:17 |