



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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X-Runners 2

□□: 103

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 14:10:12

□□: 11.86 km/h

□□□□: 5:02 min/km

□□□□□: 45 (of 225)

□□□□□□: 10:38:22

□□□□□: 35(of 147)

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:19:51	5:18	95	27:54	135	27:54	15.02	1:19:51	5:18	95	27:54	135	27:54
Kleiner Inselsber	18.94	1:39:20	5:14	41	23:08	58	23:08	33.96	2:59:11	5:16	56	49:30	76	49:30
Neue Ausspanne	13.90	1:33:33	6:43	137	46:19	203	46:19	47.86	4:32:44	5:41	114	1:35:49	152	1:35:49
Grenzadler	13.68	1:02:46	4:35	20	9:43	21	9:43	61.54	5:35:30	5:27	71	1:45:32	92	1:45:32
Allzunah	19.96	1:30:57	4:33	32	16:56	39	18:30	81.50	7:06:27	5:13	54	1:58:19	69	1:58:19
Masserberg	17.89	1:30:33	5:03	42	24:42	54	27:36	99.39	8:37:00	5:12	44	2:21:00	57	2:21:00
Neuhaus	19.86	1:37:36	4:54	31	21:48	46	27:14	119.25	10:14:36	5:09	40	2:35:23	53	2:35:23
Schildwiese	13.54	1:10:32	5:12	65	28:54	82	28:54	132.79	11:25:08	5:09	38	2:57:01	49	2:57:01
Grumbach	18.58	1:28:52	4:46	42	23:38	59	23:38	151.37	12:54:00	5:06	37	3:20:25	48	3:20:25
Blankenstein	17.60	1:16:12	4:19	18	12:28	22	12:28	168.97	14:10:12	5:01	35	3:31:50	45	3:31:50