



# 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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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| 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   |