



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Burnout

□□□: 14:11:55

□□: 246

□□: 11.83 km/h

□□□□: 5:02 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 47 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 36(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:05:19	4:20	16	13:22	20	13:22	15.02	1:05:19	4:20	16	13:22	20	13:22
Kleiner Inselsber	18.94	1:44:59	5:32	68	28:47	93	28:47	33.96	2:50:18	5:00	30	40:37	42	40:37
Neue Ausspanne	13.90	1:20:54	5:49	105	33:40	134	33:40	47.86	4:11:12	5:14	52	1:14:17	66	1:14:17
Grenzdler	13.68	1:19:24	5:48	100	26:21	133	26:21	61.54	5:30:36	5:22	64	1:40:38	80	1:40:38
Allzunah	19.96	1:36:00	4:48	51	21:59	63	23:33	81.50	7:06:36	5:14	55	1:58:28	70	1:58:28
Masserberg	17.89	1:28:24	4:56	36	22:33	46	25:27	99.39	8:35:00	5:10	42	2:19:00	55	2:19:00
Neuhaus	19.86	1:45:16	5:18	68	29:28	96	34:54	119.25	10:20:16	5:12	45	2:41:03	58	2:41:03
Schildwiese	13.54	1:07:12	4:57	44	25:34	56	25:34	132.79	11:27:28	5:10	42	2:59:21	54	2:59:21
Grumbach	18.58	1:26:32	4:39	34	21:18	49	21:18	151.37	12:54:00	5:06	37	3:20:25	48	3:20:25
Blankenstein	17.60	1:17:55	4:25	25	14:11	29	14:11	168.97	14:11:55	5:02	36	3:33:33	47	3:33:33