



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Thinking of you Heiko

□□□: 14:21:10

□□: 161

□□: 11.71 km/h

□□□□: 5:06 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 49 (of 225)

□□□□□□: 10:38:22

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□□□□□: 38(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:15:11	5:00	66	23:14	91	23:14	15.02	1:15:11	5:00	66	23:14	91	23:14
Kleiner Inselsber	18.94	1:55:08	6:04	119	38:56	167	38:56	33.96	3:10:19	5:36	100	1:00:38	138	1:00:38
Neue Ausspanne	13.90	1:08:53	4:57	43	21:39	50	21:39	47.86	4:19:12	5:24	70	1:22:17	90	1:22:17
Grenzdler	13.68	1:08:44	5:01	40	15:41	46	15:41	61.54	5:27:56	5:19	56	1:37:58	70	1:37:58
Allzunah	19.96	1:34:08	4:42	44	20:07	54	21:41	81.50	7:02:04	5:10	46	1:53:56	61	1:53:56
Masserberg	17.89	1:36:56	5:25	65	31:05	86	33:59	99.39	8:39:00	5:13	47	2:23:00	60	2:23:00
Neuhaus	19.86	1:36:43	4:52	29	20:55	42	26:21	119.25	10:15:43	5:09	41	2:36:30	54	2:36:30
Schildwiese	13.54	1:08:16	5:02	53	26:38	67	26:38	132.79	11:23:59	5:09	37	2:55:52	48	2:55:52
Grumbach	18.58	1:35:01	5:06	67	29:47	91	29:47	151.37	12:59:00	5:08	42	3:25:25	53	3:25:25
Blankenstein	17.60	1:22:10	4:40	44	18:26	55	18:26	168.97	14:21:10	5:05	38	3:42:48	49	3:42:48