



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Oberland-Raketen

□□□: 14:22:14

□□: 125

□□: 11.69 km/h

□□□□: 5:06 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 50 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 39(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 15.02 | 1:25:00 | 5:39 | 123 | 33:03 | 176 | 33:03 | 15.02 | 1:25:00 | 5:39 | 123 | 33:03 | 176 | 33:03 |
| Kleiner Inselsber | 18.94 | 1:33:00 | 4:54 | 19 | 16:48 | 27 | 16:48 | 33.96 | 2:58:00 | 5:14 | 53 | 48:19 | 73 | 48:19 |
| Neue Ausspanne | 13.90 | 1:13:00 | 5:15 | 68 | 25:46 | 81 | 25:46 | 47.86 | 4:11:00 | 5:14 | 51 | 1:14:05 | 65 | 1:14:05 |
| Grenzadler | 13.68 | 1:18:00 | 5:42 | 95 | 24:57 | 123 | 24:57 | 61.54 | 5:29:00 | 5:20 | 58 | 1:39:02 | 73 | 1:39:02 |
| Allzunah | 19.96 | 1:39:00 | 4:57 | 64 | 24:59 | 82 | 26:33 | 81.50 | 7:08:00 | 5:15 | 60 | 1:59:52 | 75 | 1:59:52 |
| Masserberg | 17.89 | 1:34:00 | 5:15 | 53 | 28:09 | 68 | 31:03 | 99.39 | 8:42:00 | 5:15 | 50 | 2:26:00 | 63 | 2:26:00 |
| Neuhaus | 19.86 | 1:44:00 | 5:14 | 65 | 28:12 | 91 | 33:38 | 119.25 | 10:26:00 | 5:14 | 52 | 2:46:47 | 65 | 2:46:47 |
| Schildwiese | 13.54 | 1:11:00 | 5:14 | 68 | 29:22 | 88 | 29:22 | 132.79 | 11:37:00 | 5:14 | 52 | 3:08:53 | 65 | 3:08:53 |
| Grumbach | 18.58 | 1:20:00 | 4:18 | 15 | 14:46 | 21 | 14:46 | 151.37 | 12:57:00 | 5:07 | 40 | 3:23:25 | 51 | 3:23:25 |
| Blankenstein | 17.60 | 1:25:14 | 4:50 | 55 | 21:30 | 70 | 21:30 | 168.97 | 14:22:14 | 5:06 | 39 | 3:43:52 | 50 | 3:43:52 |