



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

XXXX

XFAB / Melexis Running Chips

XXX: 14:26:27

XX: 191

XX: 11.63 km/h
XXXX: 5:08 min/km

XX: 168.97 km

Hörschel-Blankenstein

XXXXX: 53 (of 225)

XXXXXX: 10:38:22

XXXX:

XXXXX: 42(of 147)

Männerstaffel

XXXXXXX: 10:38:22

XXXX

XXXX

XXX

XXX	XX	XX	XX	XX	XX	XX	XX	XXXX	XXXX	XXXX	XX	XX	XX	XX
	km	XX min/km	-	-	XXX	XXX		km	XX min/km	-	-	XXX	XXX	
Hohe Sonne	15.02	1:14:12	4:56	56	22:15	80	22:15	15.02	1:14:12	4:56	56	22:15	80	22:15
Kleiner Inselsber	18.94	1:49:22	5:46	97	33:10	131	33:10	33.96	3:03:34	5:24	71	53:53	99	53:53
Neue Ausspanne	13.90	1:09:29	4:59	48	22:15	55	22:15	47.86	4:13:03	5:17	59	1:16:08	73	1:16:08
Grenzadler	13.68	1:16:07	5:33	81	23:04	100	23:04	61.54	5:29:10	5:20	59	1:39:12	74	1:39:12
Allzunah	19.96	1:35:08	4:45	48	21:07	59	22:41	81.50	7:04:18	5:12	50	1:56:10	65	1:56:10
Masserberg	17.89	1:33:16	5:12	50	27:25	63	30:19	99.39	8:37:34	5:12	45	2:21:34	58	2:21:34
Neuhaus	19.86	1:34:03	4:44	24	18:15	30	23:41	119.25	10:11:37	5:07	37	2:32:24	49	2:32:24
Schildwiese	13.54	1:17:27	5:43	101	35:49	139	35:49	132.79	11:29:04	5:11	44	3:00:57	57	3:00:57
Grumbach	18.58	1:31:58	4:56	53	26:44	71	26:44	151.37	13:01:02	5:09	46	3:27:27	57	3:27:27
Blankenstein	17.60	1:25:25	4:51	56	21:41	71	21:41	168.97	14:26:27	5:07	42	3:48:05	53	3:48:05