



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Kenias letzte Reserve

□□□: 14:26:48

□□: 160

□□: 11.63 km/h

□□□□: 5:08 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 55 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 43(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:17:51	5:10	86	25:54	119	25:54	15.02	1:17:51	5:10	86	25:54	119	25:54
Kleiner Inselfber	18.94	1:39:30	5:15	42	23:18	59	23:18	33.96	2:57:21	5:13	51	47:40	69	47:40
Neue Ausspanne	13.90	1:22:15	5:55	110	35:01	146	35:01	47.86	4:19:36	5:25	71	1:22:41	91	1:22:41
Grenzdler	13.68	1:01:49	4:31	16	8:46	17	8:46	61.54	5:21:25	5:13	47	1:31:27	60	1:31:27
Allzunah	19.96	1:42:20	5:07	78	28:19	105	29:53	81.50	7:03:45	5:11	49	1:55:37	64	1:55:37
Masserberg	17.89	1:47:15	5:59	110	41:24	145	44:18	99.39	8:51:00	5:20	61	2:35:00	75	2:35:00
Neuhaus	19.86	1:41:05	5:05	43	25:17	64	30:43	119.25	10:32:05	5:18	59	2:52:52	72	2:52:52
Schildwiese	13.54	1:04:44	4:46	37	23:06	42	23:06	132.79	11:36:49	5:14	51	3:08:42	64	3:08:42
Grumbach	18.58	1:21:11	4:22	17	15:57	25	15:57	151.37	12:58:00	5:08	41	3:24:25	52	3:24:25
Blankenstein	17.60	1:28:48	5:02	66	25:04	84	25:04	168.97	14:26:48	5:07	43	3:48:26	55	3:48:26