



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

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Laufsport Triptis

□□□: 14:44:19

□□: 247

□□: 11.40 km/h

□□□□: 5:14 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 65 (of 225)

□□□□□□: 10:38:22

□□□□:

□□□□□: 51(of 147)

Männerstaffel

□□□□□□□: 10:38:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	15.02	1:16:39	5:06	77	24:42	104	24:42	15.02	1:16:39	5:06	77	24:42	104	24:42
Kleiner Inselsber	18.94	1:40:21	5:17	46	24:09	65	24:09	33.96	2:57:00	5:12	46	47:19	63	47:19
Neue Ausspanne	13.90	1:17:33	5:34	93	30:19	113	30:19	47.86	4:14:33	5:19	64	1:17:38	80	1:17:38
Grenzadler	13.68	1:14:12	5:25	74	21:09	90	21:09	61.54	5:28:45	5:20	57	1:38:47	72	1:38:47
Allzunah	19.96	1:43:49	5:12	87	29:48	116	31:22	81.50	7:12:34	5:18	69	2:04:26	84	2:04:26
Masserberg	17.89	1:40:26	5:36	80	34:35	103	37:29	99.39	8:53:00	5:21	63	2:37:00	78	2:37:00
Neuhaus	19.86	1:54:19	5:45	101	38:31	143	43:57	119.25	10:47:19	5:25	74	3:08:06	90	3:08:06
Schildwiese	13.54	1:08:07	5:01	51	26:29	64	26:29	132.79	11:55:26	5:23	66	3:27:19	81	3:27:19
Grumbach	18.58	1:36:34	5:11	76	31:20	103	31:20	151.37	13:32:00	5:21	62	3:58:25	77	3:58:25
Blankenstein	17.60	1:12:19	4:06	13	8:35	13	8:35	168.97	14:44:19	5:14	51	4:05:57	65	4:05:57