



# 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

□□□□:  
Männerstaffel

□□□□□: 51(of 147)

□□□□□□□: 10:38:22

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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| 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   |