



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

□□□□

just4fun

□□: 507

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□□: 15:44:59

□□: 10.67 km/h

□□□□: 5:35 min/km

□□□□□: 126 (of 225)

□□□□□□: 10:38:22

□□□□□: 21(of 66)

□□□□□□□: 11:54:56

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 15.02 | 1:23:08 | 5:32 | 45 | 21:55 | 163 | 31:11 | 15.02 | 1:23:08 | 5:32 | 45 | 21:55 | 222 | 31:11 |
| Kleiner Inselfber | 18.94 | 1:34:28 | 4:59 | 10 | 10:51 | 32 | 18:16 | 33.96 | 2:57:36 | 5:13 | 17 | 30:37 | 222 | 47:55 |
| Neue Ausspanne | 13.90 | 1:27:22 | 6:17 | 47 | 22:22 | 185 | 40:08 | 47.86 | 4:24:58 | 5:32 | 26 | 52:42 | 225 | 1:28:03 |
| Grenzdler | 13.68 | 1:17:45 | 5:41 | 22 | 14:39 | 119 | 24:42 | 61.54 | 5:42:43 | 5:34 | 19 | 1:00:26 | 225 | 1:52:45 |
| Allzunah | 19.96 | 1:33:57 | 4:42 | 9 | 21:30 | 53 | 21:30 | 81.50 | 7:16:40 | 5:21 | 13 | 1:18:36 | 223 | 2:08:32 |
| Masserberg | 17.89 | 2:36:20 | 8:44 | 64 | 1:33:23 | 222 | 1:33:23 | 99.39 | 9:53:00 | 5:57 | 41 | 2:36:00 | 184 | 3:37:00 |
| Neuhaus | 19.86 | 1:10:22 | 3:32 | 1 | - | 1 | - | 119.25 | 11:03:22 | 5:33 | 19 | 2:35:07 | 225 | 3:24:09 |
| Schildwiese | 13.54 | 1:15:35 | 5:34 | 20 | 14:15 | 125 | 33:57 | 132.79 | 12:18:57 | 5:33 | 19 | 2:49:16 | 225 | 3:50:50 |
| Grumbach | 18.58 | 1:42:03 | 5:29 | 34 | 32:21 | 144 | 36:49 | 151.37 | 14:01:00 | 5:33 | 19 | 3:21:37 | 225 | 4:27:25 |
| Blankenstein | 17.60 | 1:43:59 | 5:54 | 45 | 30:30 | 179 | 40:15 | 168.97 | 15:44:59 | 5:35 | 21 | 3:50:03 | 126 | 5:06:37 |