



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Sömmerdaer Gipfelstürmer

□□□: 13:29:30

□□: 11

□□: 12.50 km/h

□□□□: 4:48 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 9 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 8(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:08:25	4:53	20	10:00	22	10:00	14.00	1:08:25	4:53	20	10:00	22	10:00
Kleiner Inselfber	19.60	1:45:43	5:23	50	28:34	67	28:34	33.60	2:54:08	5:10	27	38:18	34	38:18
Neue Ausspanne	14.00	1:05:09	4:39	14	14:13	16	14:13	47.60	3:59:17	5:01	18	52:31	22	52:31
Grenzdler	13.70	1:04:24	4:42	11	12:42	16	12:42	61.30	5:03:41	4:57	12	1:02:54	16	1:02:54
Allzunah	19.90	1:35:13	4:47	19	19:22	28	19:22	81.20	6:38:54	4:54	12	1:20:12	16	1:20:12
Masserberg	17.90	1:31:31	5:06	15	14:55	20	14:55	99.10	8:10:25	4:56	10	1:24:56	14	1:24:56
Neuhaus	19.90	1:20:36	4:03	4	12:13	4	12:13	119.00	9:31:01	4:47	9	1:25:49	10	1:25:49
Schildwiese	13.50	1:07:28	4:59	17	15:02	22	15:02	132.50	10:38:29	4:49	9	1:40:51	10	1:40:51
Brennersgrün	15.90	1:13:22	4:36	8	9:58	9	9:58	148.40	11:51:51	4:47	8	1:49:22	9	1:49:22
Blankenstein	20.30	1:37:39	4:48	25	24:11	34	24:11	168.70	13:29:30	4:47	8	2:13:33	9	2:13:33