



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Vorwärts Rückwärts Oberschönau

□□□: 14:45:11

□□: 224

□□: 11.43 km/h

□□□□: 5:15 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 25 (of 177)

□□□□□□: 11:15:57

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□□□□□: 20(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:17:46	5:33	56	19:21	74	19:21	14.00	1:17:46	5:33	56	19:21	74	19:21
Kleiner Inselsber	19.60	1:34:57	4:50	15	17:48	20	17:48	33.60	2:52:43	5:08	24	36:53	31	36:53
Neue Ausspanne	14.00	1:10:36	5:02	33	19:40	35	19:40	47.60	4:03:19	5:06	19	56:33	23	56:33
Grenzadler	13.70	1:07:24	4:55	17	15:42	23	15:42	61.30	5:10:43	5:04	17	1:09:56	21	1:09:56
Allzunah	19.90	1:47:36	5:24	59	31:45	78	31:45	81.20	6:58:19	5:09	20	1:39:37	25	1:39:37
Masserberg	17.90	1:41:07	5:38	34	24:31	43	24:31	99.10	8:39:26	5:14	24	1:53:57	29	1:53:57
Neuhaus	19.90	1:37:45	4:54	17	29:22	22	29:22	119.00	10:17:11	5:11	19	2:11:59	24	2:11:59
Schildwiese	13.50	1:16:20	5:39	47	23:54	60	23:54	132.50	11:33:31	5:14	21	2:35:53	26	2:35:53
Brennersgrün	15.90	1:30:24	5:41	56	27:00	74	27:00	148.40	13:03:55	5:16	19	3:01:26	24	3:01:26
Blankenstein	20.30	1:41:16	4:59	33	27:48	46	27:48	168.70	14:45:11	5:14	20	3:29:14	25	3:29:14