



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Sömmerdaer Gipfelstürmerladies

□□□: 18:33:02

□□: 10

□□: 9.06 km/h

□□□□: 6:36 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 161 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 10(of 11)

Frauenstaffel

□□□□□□□: 13:14:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:37:37	6:58	10	30:22	168	39:12	14.00	1:37:37	6:58	10	30:22	178	39:12
Kleiner Inselfber	19.60	2:22:39	7:16	11	45:57	175	1:05:30	33.60	4:00:16	7:09	11	1:16:19	178	1:44:26
Neue Ausspanne	14.00	1:29:12	6:22	8	32:10	135	38:16	47.60	5:29:28	6:55	11	1:48:29	178	2:22:42
Grenzdler	13.70	1:35:04	6:56	10	32:15	155	43:22	61.30	7:04:32	6:55	11	2:20:44	177	3:03:45
Allzunah	19.90	1:57:30	5:54	6	31:00	120	41:39	81.20	9:02:02	6:40	10	2:51:44	176	3:43:20
Masserberg	17.90	2:00:13	6:42	10	38:28	125	43:37	99.10	11:02:15	6:40	10	3:26:34	175	4:16:46
Neuhaus	19.90	2:01:56	6:07	6	22:47	97	53:33	119.00	13:04:11	6:35	8	3:49:21	176	4:58:59
Schildwiese	13.50	1:17:35	5:44	4	11:26	65	25:09	132.50	14:21:46	6:30	9	3:58:46	169	5:24:08
Brennersgrün	15.90	2:10:03	8:10	11	52:38	167	1:06:39	148.40	16:31:49	6:41	10	4:44:37	177	6:29:20
Blankenstein	20.30	2:01:13	5:58	7	33:34	116	47:45	168.70	18:33:02	6:35	10	5:18:11	163	7:17:05