



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 |