



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Schillermix - Laufclub Rudolstadt e.V. □□□: 17:18:04

□□: 552

□□: 168.70 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□: 9.71 km/h

□□□□: 6:09 min/km

□□□□□: 125 (of 177)

□□□□□□: 11:15:57

□□□□□: 24(of 48)

□□□□□□□: 13:35:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:18:20	5:35	14	18:35	79	19:55	14.00	1:18:20	5:35	14	18:35	178	19:55
Kleiner Inselsber	19.60	1:36:04	4:54	6	12:07	24	18:55	33.60	2:54:24	5:11	6	17:56	178	38:34
Neue Ausspanne	14.00	1:35:54	6:51	40	25:17	164	44:58	47.60	4:30:18	5:40	15	39:43	178	1:23:32
Grenzadler	13.70	1:31:02	6:38	32	32:20	141	39:20	61.30	6:01:20	5:53	17	1:05:36	177	2:00:33
Allzunah	19.90	1:48:15	5:26	18	25:54	81	32:24	81.20	7:49:35	5:46	17	1:25:18	176	2:30:53
Masserberg	17.90	2:03:49	6:55	32	44:32	138	47:13	99.10	9:53:24	5:59	18	1:58:48	175	3:07:55
Neuhaus	19.90	2:15:41	6:49	32	54:37	140	1:07:18	119.00	12:09:05	6:07	26	2:22:45	176	4:03:53
Schildwiese	13.50	1:31:50	6:48	33	31:07	128	39:24	132.50	13:40:55	6:11	27	2:50:11	169	4:43:17
Brennersgrün	15.90	1:41:26	6:22	30	35:20	127	38:02	148.40	15:22:21	6:12	24	3:21:01	177	5:19:52
Blankenstein	20.30	1:55:43	5:42	20	30:41	93	42:15	168.70	17:18:04	6:09	24	3:42:23	126	6:02:07