



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Sömmerdaer Kranniche

□□□: 14:41:08

□□: 560

□□: 11.44 km/h

□□□□: 5:13 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 23 (of 177)

□□□□□□: 11:15:57

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□□□□□: 3(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:12:31	5:10	8	12:46	42	14:06	14.00	1:12:31	5:10	8	12:46	178	14:06
Kleiner Inselsber	19.60	1:23:57	4:16	1	-	6	6:48	33.60	2:36:28	4:39	1	-	178	20:38
Neue Ausspanne	14.00	1:15:36	5:23	7	4:59	59	24:40	47.60	3:52:04	4:52	2	1:29	178	45:18
Grenzdler	13.70	1:03:40	4:38	2	4:58	12	11:58	61.30	4:55:44	4:49	1	-	177	54:57
Allzunah	19.90	1:33:22	4:41	5	11:01	20	17:31	81.20	6:29:06	4:47	2	4:49	176	1:10:24
Masserberg	17.90	1:50:08	6:09	17	30:51	88	33:32	99.10	8:19:14	5:02	3	24:38	175	1:33:45
Neuhaus	19.90	1:43:51	5:13	7	22:47	37	35:28	119.00	10:03:05	5:04	3	16:45	176	1:57:53
Schildwiese	13.50	1:11:53	5:19	8	11:10	36	19:27	132.50	11:14:58	5:05	3	24:14	169	2:17:20
Brennersgrün	15.90	1:26:47	5:27	8	20:41	59	23:23	148.40	12:41:45	5:07	3	40:25	177	2:39:16
Blankenstein	20.30	1:59:23	5:52	25	34:21	109	45:55	168.70	14:41:08	5:13	3	1:05:27	23	3:25:11