



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Flitzepepen

□□□: 17:34:57

□□: 519

□□: 9.55 km/h  
□□□□: 6:15 min/km

□□: 168.70 km  
Hörschel-Blankenstein

□□□□□: 140 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 29(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:39:06	7:04	45	39:21	170	40:41	14.00	1:39:06	7:04	45	39:21	178	40:41
Kleiner Inselsber	19.60	1:49:35	5:35	22	25:38	96	32:26	33.60	3:28:41	6:12	30	52:13	178	1:12:51
Neue Ausspanne	14.00	1:29:36	6:23	29	18:59	137	38:40	47.60	4:58:17	6:15	34	1:07:42	178	1:51:31
Grenzadler	13.70	1:42:54	7:30	42	44:12	168	51:12	61.30	6:41:11	6:32	41	1:45:27	177	2:40:24
Allzunah	19.90	1:50:06	5:31	22	27:45	89	34:15	81.20	8:31:17	6:17	37	2:07:00	176	3:12:35
Masserberg	17.90	1:48:01	6:02	14	28:44	71	31:25	99.10	10:19:18	6:14	32	2:24:42	175	3:33:49
Neuhaus	19.90	2:05:24	6:18	26	44:20	116	57:01	119.00	12:24:42	6:15	30	2:38:22	176	4:19:30
Schildwiese	13.50	1:23:24	6:10	20	22:41	95	30:58	132.50	13:48:06	6:14	29	2:57:22	169	4:50:28
Brennersgrün	15.90	1:40:41	6:19	27	34:35	124	37:17	148.40	15:28:47	6:15	28	3:27:27	177	5:26:18
Blankenstein	20.30	2:06:10	6:12	33	41:08	130	52:42	168.70	17:34:57	6:15	29	3:59:16	141	6:19:00