



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Mühlhäuser Laufcombo

□□□: 16:12:15

□□: 182

□□: 10.37 km/h

□□□□: 5:46 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 65 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 50(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:19:49	5:42	70	21:24	93	21:24	14.00	1:19:49	5:42	70	21:24	93	21:24
Kleiner Inselsber	19.60	1:38:23	5:01	28	21:14	38	21:14	33.60	2:58:12	5:18	35	42:22	46	42:22
Neue Ausspanne	14.00	1:05:57	4:42	18	15:01	20	15:01	47.60	4:04:09	5:07	20	57:23	25	57:23
Grenzadler	13.70	1:18:00	5:41	53	26:18	70	26:18	61.30	5:22:09	5:15	28	1:21:22	33	1:21:22
Allzunah	19.90	1:34:39	4:45	17	18:48	26	18:48	81.20	6:56:48	5:07	19	1:38:06	24	1:38:06
Masserberg	17.90	1:40:40	5:37	32	24:04	41	24:04	99.10	8:37:28	5:13	21	1:51:59	26	1:51:59
Neuhaus	19.90	2:15:55	6:49	102	1:07:32	142	1:07:32	119.00	10:53:23	5:29	35	2:48:11	44	2:48:11
Schildwiese	13.50	1:14:20	5:30	40	21:54	51	21:54	132.50	12:07:43	5:29	31	3:10:05	37	3:10:05
Brennersgrün	15.90	1:30:27	5:41	58	27:03	76	27:03	148.40	13:38:10	5:30	35	3:35:41	41	3:35:41
Blankenstein	20.30	2:34:05	7:35	112	1:20:37	171	1:20:37	168.70	16:12:15	5:45	50	4:56:18	65	4:56:18