



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

□□□□

Lauftreff Alteburg Arnstadt

□□□: 16:23:11

□□: 531

□□: 10.25 km/h
□□□□: 5:50 min/km

□□: 168.70 km
Hörschel-Blankenstein

□□□□□: 76 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 14(of 48)

Mixstaffel

□□□□□□□: 13:35:41

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 14.00 | 1:23:59 | 5:59 | 26 | 24:14 | 124 | 25:34 | 14.00 | 1:23:59 | 5:59 | 26 | 24:14 | 178 | 25:34 |
| Kleiner Inselsber | 19.60 | 1:40:20 | 5:07 | 11 | 16:23 | 43 | 23:11 | 33.60 | 3:04:19 | 5:29 | 13 | 27:51 | 178 | 48:29 |
| Neue Ausspanne | 14.00 | 1:23:28 | 5:57 | 17 | 12:51 | 106 | 32:32 | 47.60 | 4:27:47 | 5:37 | 13 | 37:12 | 178 | 1:21:01 |
| Grenzadler | 13.70 | 1:47:42 | 7:51 | 44 | 49:00 | 171 | 56:00 | 61.30 | 6:15:29 | 6:07 | 29 | 1:19:45 | 177 | 2:14:42 |
| Allzunah | 19.90 | 1:56:03 | 5:49 | 30 | 33:42 | 112 | 40:12 | 81.20 | 8:11:32 | 6:03 | 29 | 1:47:15 | 176 | 2:52:50 |
| Masserberg | 17.90 | 1:31:44 | 5:07 | 4 | 12:27 | 21 | 15:08 | 99.10 | 9:43:16 | 5:53 | 12 | 1:48:40 | 175 | 2:57:47 |
| Neuhaus | 19.90 | 2:03:02 | 6:10 | 23 | 41:58 | 104 | 54:39 | 119.00 | 11:46:18 | 5:56 | 15 | 1:59:58 | 176 | 3:41:06 |
| Schildwiese | 13.50 | 1:24:31 | 6:15 | 23 | 23:48 | 102 | 32:05 | 132.50 | 13:10:49 | 5:58 | 16 | 2:20:05 | 169 | 4:13:11 |
| Brennersgrün | 15.90 | 1:29:09 | 5:36 | 13 | 23:03 | 72 | 25:45 | 148.40 | 14:39:58 | 5:55 | 15 | 2:38:38 | 177 | 4:37:29 |
| Blankenstein | 20.30 | 1:43:13 | 5:05 | 11 | 18:11 | 51 | 29:45 | 168.70 | 16:23:11 | 5:49 | 14 | 2:47:30 | 76 | 5:07:14 |