



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Trefffurter Sperrachen

□□□: 15:37:41

□□: 221

□□: 10.75 km/h

□□□□: 5:34 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 46 (of 177)

□□□□□□: 11:15:57

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□□□□□: 38(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:06:23	4:44	12	7:58	13	7:58	14.00	1:06:23	4:44	12	7:58	13	7:58
Kleiner Inselsber	19.60	1:52:55	5:45	77	35:46	104	35:46	33.60	2:59:18	5:20	38	43:28	51	43:28
Neue Ausspanne	14.00	1:13:49	5:16	45	22:53	51	22:53	47.60	4:13:07	5:19	38	1:06:21	45	1:06:21
Grenzadler	13.70	1:22:19	6:00	76	30:37	98	30:37	61.30	5:35:26	5:28	41	1:34:39	48	1:34:39
Allzunah	19.90	1:41:53	5:07	35	26:02	53	26:02	81.20	7:17:19	5:23	39	1:58:37	48	1:58:37
Masserberg	17.90	1:45:32	5:53	47	28:56	62	28:56	99.10	9:02:51	5:28	37	2:17:22	46	2:17:22
Neuhaus	19.90	1:56:03	5:49	60	47:40	81	47:40	119.00	10:58:54	5:32	38	2:53:42	48	2:53:42
Schildwiese	13.50	1:23:23	6:10	68	30:57	94	30:57	132.50	12:22:17	5:36	40	3:24:39	48	3:24:39
Brennersgrün	15.90	1:21:13	5:06	26	17:49	30	17:49	148.40	13:43:30	5:32	38	3:41:01	44	3:41:01
Blankenstein	20.30	1:54:11	5:37	66	40:43	89	40:43	168.70	15:37:41	5:33	38	4:21:44	46	4:21:44