



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Lauftraining.com

□□: 200

□□: 168.70 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 14:12:41

□□: 11.82 km/h

□□□□: 5:03 min/km

□□□□□: 13 (of 177)

□□□□□□: 11:15:57

□□□□□: 9 (of 118)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:04:15	4:35	9	5:50	10	5:50	14.00	1:04:15	4:35	9	5:50	10	5:50
Kleiner Inselsber	19.60	1:35:36	4:52	16	18:27	21	18:27	33.60	2:39:51	4:45	9	24:01	10	24:01
Neue Ausspanne	14.00	1:15:38	5:24	50	24:42	60	24:42	47.60	3:55:29	4:56	16	48:43	20	48:43
Grenzdler	13.70	1:19:44	5:49	58	28:02	79	28:02	61.30	5:15:13	5:08	20	1:14:26	24	1:14:26
Allzunah	19.90	1:18:25	3:56	4	2:34	4	2:34	81.20	6:33:38	4:50	10	1:14:56	14	1:14:56
Masserberg	17.90	1:49:50	6:08	65	33:14	86	33:14	99.10	8:23:28	5:04	13	1:37:59	18	1:37:59
Neuhaus	19.90	1:44:34	5:15	29	36:11	38	36:11	119.00	10:08:02	5:06	12	2:02:50	17	2:02:50
Schildwiese	13.50	1:13:10	5:25	33	20:44	43	20:44	132.50	11:21:12	5:08	13	2:23:34	18	2:23:34
Brennersgrün	15.90	1:18:37	4:56	15	15:13	17	15:13	148.40	12:39:49	5:07	14	2:37:20	18	2:37:20
Blankenstein	20.30	1:32:52	4:34	12	19:24	18	19:24	168.70	14:12:41	5:03	9	2:56:44	13	2:56:44