



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Einsamrennengenossenschaft

□□□: 16:57:23

□□: 511

□□: 9.91 km/h

□□□□: 6:02 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 106 (of 177)

□□□□□□: 11:15:57

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□□□□□: 19(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:20:03	5:43	19	20:18	95	21:38	14.00	1:20:03	5:43	19	20:18	178	21:38
Kleiner Inselsber	19.60	1:46:23	5:25	15	22:26	71	29:14	33.60	3:06:26	5:32	15	29:58	178	50:36
Neue Ausspanne	14.00	1:25:02	6:04	22	14:25	115	34:06	47.60	4:31:28	5:42	16	40:53	178	1:24:42
Grenzadler	13.70	1:28:11	6:26	27	29:29	127	36:29	61.30	5:59:39	5:52	15	1:03:55	177	1:58:52
Allzunah	19.90	1:49:18	5:29	20	26:57	86	33:27	81.20	7:48:57	5:46	15	1:24:40	176	2:30:15
Masserberg	17.90	2:15:12	7:33	39	55:55	159	58:36	99.10	10:04:09	6:05	26	2:09:33	175	3:18:40
Neuhaus	19.90	2:03:45	6:13	24	42:41	108	55:22	119.00	12:07:54	6:07	25	2:21:34	176	4:02:42
Schildwiese	13.50	1:19:33	5:53	13	18:50	74	27:07	132.50	13:27:27	6:05	21	2:36:43	169	4:29:49
Brennersgrün	15.90	1:35:51	6:01	20	29:45	101	32:27	148.40	15:03:18	6:05	19	3:01:58	177	5:00:49
Blankenstein	20.30	1:54:05	5:37	18	29:03	88	40:37	168.70	16:57:23	6:01	19	3:21:42	106	5:41:26