



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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N3 Sportverein e.V

□□: 183

□□: 168.70 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 16:22:27

□□: 10.26 km/h

□□□□: 5:49 min/km

□□□□□: 73 (of 177)

□□□□□□: 11:15:57

□□□□□: 56(of 118)

□□□□□□□: 11:15:57

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 14.00 | 1:07:08 | 4:47 | 13 | 8:43 | 14 | 8:43 | 14.00 | 1:07:08 | 4:47 | 13 | 8:43 | 14 | 8:43 |
| Kleiner Inselsber | 19.60 | 1:44:22 | 5:19 | 46 | 27:13 | 61 | 27:13 | 33.60 | 2:51:30 | 5:06 | 22 | 35:40 | 29 | 35:40 |
| Neue Ausspanne | 14.00 | 1:02:41 | 4:28 | 11 | 11:45 | 12 | 11:45 | 47.60 | 3:54:11 | 4:55 | 12 | 47:25 | 15 | 47:25 |
| Grenzadler | 13.70 | 1:18:32 | 5:43 | 55 | 26:50 | 73 | 26:50 | 61.30 | 5:12:43 | 5:06 | 19 | 1:11:56 | 23 | 1:11:56 |
| Allzunah | 19.90 | 1:54:46 | 5:46 | 75 | 38:55 | 108 | 38:55 | 81.20 | 7:07:29 | 5:15 | 33 | 1:48:47 | 40 | 1:48:47 |
| Masserberg | 17.90 | 1:39:22 | 5:33 | 28 | 22:46 | 37 | 22:46 | 99.10 | 8:46:51 | 5:18 | 29 | 2:01:22 | 35 | 2:01:22 |
| Neuhaus | 19.90 | 2:21:01 | 7:05 | 107 | 1:12:38 | 149 | 1:12:38 | 119.00 | 11:07:52 | 5:36 | 43 | 3:02:40 | 54 | 3:02:40 |
| Schildwiese | 13.50 | 1:10:15 | 5:12 | 25 | 17:49 | 34 | 17:49 | 132.50 | 12:18:07 | 5:34 | 36 | 3:20:29 | 42 | 3:20:29 |
| Brennersgrün | 15.90 | 1:40:40 | 6:19 | 89 | 37:16 | 123 | 37:16 | 148.40 | 13:58:47 | 5:39 | 44 | 3:56:18 | 52 | 3:56:18 |
| Blankenstein | 20.30 | 2:23:40 | 7:04 | 106 | 1:10:12 | 164 | 1:10:12 | 168.70 | 16:22:27 | 5:49 | 56 | 5:06:30 | 73 | 5:06:30 |