



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

□□□□

Laufexpress Rudolstadt

□□□: 15:34:31

□□: 162

□□: 10.79 km/h

□□□□: 5:32 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 44 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 37(of 118)

Männerstaffel

□□□□□□□: 11:15:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:07:53	4:50	18	9:28	20	9:28	14.00	1:07:53	4:50	18	9:28	20	9:28
Kleiner Inselfber	19.60	1:52:27	5:44	75	35:18	102	35:18	33.60	3:00:20	5:22	41	44:30	56	44:30
Neue Ausspanne	14.00	1:13:43	5:15	44	22:47	50	22:47	47.60	4:14:03	5:20	39	1:07:17	46	1:07:17
Grenzdler	13.70	1:23:38	6:06	81	31:56	104	31:56	61.30	5:37:41	5:30	49	1:36:54	60	1:36:54
Allzunah	19.90	1:48:14	5:26	60	32:23	80	32:23	81.20	7:25:55	5:29	46	2:07:13	58	2:07:13
Masserberg	17.90	1:58:54	6:38	88	42:18	120	42:18	99.10	9:24:49	5:41	52	2:39:20	66	2:39:20
Neuhaus	19.90	1:50:55	5:34	45	42:32	60	42:32	119.00	11:15:44	5:40	47	3:10:32	60	3:10:32
Schildwiese	13.50	1:03:26	4:41	9	11:00	11	11:00	132.50	12:19:10	5:34	37	3:21:32	44	3:21:32
Brennersgrün	15.90	1:39:29	6:15	84	36:05	116	36:05	148.40	13:58:39	5:39	43	3:56:10	51	3:56:10
Blankenstein	20.30	1:35:52	4:43	22	22:24	28	22:24	168.70	15:34:31	5:32	37	4:18:34	44	4:18:34