



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

□□□□

Rennschnecken

□□□: 17:35:31

□□: 542

□□: 9.55 km/h

□□□□: 6:16 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 141 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 30(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:43:41	7:24	47	43:56	173	45:16	14.00	1:43:41	7:24	47	43:56	178	45:16
Kleiner Inselsber	19.60	2:29:07	7:36	47	1:05:10	176	1:11:58	33.60	4:12:48	7:31	47	1:36:20	178	1:56:58
Neue Ausspanne	14.00	1:12:49	5:12	3	2:12	47	21:53	47.60	5:25:37	6:50	47	1:35:02	178	2:18:51
Grenzadler	13.70	1:15:30	5:30	12	16:48	60	23:48	61.30	6:41:07	6:32	40	1:45:23	177	2:40:20
Allzunah	19.90	1:40:21	5:02	12	18:00	44	24:30	81.20	8:21:28	6:10	34	1:57:11	176	3:02:46
Masserberg	17.90	2:02:00	6:48	29	42:43	133	45:24	99.10	10:23:28	6:17	34	2:28:52	175	3:37:59
Neuhaus	19.90	1:56:04	5:49	17	35:00	82	47:41	119.00	12:19:32	6:12	28	2:33:12	176	4:14:20
Schildwiese	13.50	1:26:50	6:25	26	26:07	110	34:24	132.50	13:46:22	6:14	28	2:55:38	169	4:48:44
Brennersgrün	15.90	1:44:37	6:34	34	38:31	138	41:13	148.40	15:30:59	6:16	29	3:29:39	177	5:28:30
Blankenstein	20.30	2:04:32	6:08	32	39:30	124	51:04	168.70	17:35:31	6:15	30	3:59:50	142	6:19:34