



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

□□□□

Seyfarths GTI Express

□□□: 14:12:57

□□: 108

□□: 11.82 km/h

□□□□: 5:04 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 15 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 11(of 118)

Männerstaffel

□□□□□□□: 11:15:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:14:54	5:21	44	16:29	59	16:29	14.00	1:14:54	5:21	44	16:29	59	16:29
Kleiner Inselsber	19.60	1:46:13	5:25	51	29:04	68	29:04	33.60	3:01:07	5:23	44	45:17	59	45:17
Neue Ausspanne	14.00	1:08:54	4:55	28	17:58	30	17:58	47.60	4:10:01	5:15	31	1:03:15	37	1:03:15
Grenzadler	13.70	1:18:22	5:43	54	26:40	72	26:40	61.30	5:28:23	5:21	34	1:27:36	40	1:27:36
Allzunah	19.90	1:37:50	4:54	25	21:59	35	21:59	81.20	7:06:13	5:14	31	1:47:31	37	1:47:31
Masserberg	17.90	1:31:05	5:05	14	14:29	19	14:29	99.10	8:37:18	5:13	19	1:51:49	24	1:51:49
Neuhaus	19.90	1:36:38	4:51	16	28:15	20	28:15	119.00	10:13:56	5:09	15	2:08:44	20	2:08:44
Schildwiese	13.50	1:07:27	4:59	16	15:01	21	15:01	132.50	11:21:23	5:08	14	2:23:45	19	2:23:45
Brennersgrün	15.90	1:13:11	4:36	7	9:47	8	9:47	148.40	12:34:34	5:05	11	2:32:05	15	2:32:05
Blankenstein	20.30	1:38:23	4:50	27	24:55	37	24:55	168.70	14:12:57	5:03	11	2:57:00	15	2:57:00