



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Waldläufer

□□□: 17:30:59

□□: 572

□□: 9.59 km/h

□□□□: 6:14 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 134 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 26(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:25:28	6:06	29	25:43	130	27:03	14.00	1:25:28	6:06	29	25:43	178	27:03
Kleiner Inselsber	19.60	1:47:27	5:28	19	23:30	77	30:18	33.60	3:12:55	5:44	21	36:27	178	57:05
Neue Ausspanne	14.00	1:34:38	6:45	38	24:01	160	43:42	47.60	4:47:33	6:02	24	56:58	178	1:40:47
Grenzadler	13.70	1:09:55	5:06	5	11:13	35	18:13	61.30	5:57:28	5:49	14	1:01:44	177	1:56:41
Allzunah	19.90	1:50:08	5:32	23	27:47	90	34:17	81.20	7:47:36	5:45	14	1:23:19	176	2:28:54
Masserberg	17.90	2:00:46	6:44	27	41:29	129	44:10	99.10	9:48:22	5:56	16	1:53:46	175	3:02:53
Neuhaus	19.90	2:13:45	6:43	30	52:41	137	1:05:22	119.00	12:02:07	6:04	22	2:15:47	176	3:56:55
Schildwiese	13.50	1:28:17	6:32	28	27:34	114	35:51	132.50	13:30:24	6:06	23	2:39:40	169	4:32:46
Brennersgrün	15.90	1:41:00	6:21	28	34:54	125	37:36	148.40	15:11:24	6:08	22	3:10:04	177	5:08:55
Blankenstein	20.30	2:19:35	6:52	48	54:33	163	1:06:07	168.70	17:30:59	6:13	26	3:55:18	135	6:15:02