



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Laufsport Triptis

□□□: 14:35:20

□□: 170

□□: 11.52 km/h

□□□□: 5:11 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 20 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 16(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:10:20	5:01	27	11:55	29	11:55	14.00	1:10:20	5:01	27	11:55	29	11:55
Kleiner Inselsber	19.60	1:48:23	5:31	61	31:14	86	31:14	33.60	2:58:43	5:19	36	42:53	48	42:53
Neue Ausspanne	14.00	1:19:31	5:40	72	28:35	88	28:35	47.60	4:18:14	5:25	47	1:11:28	55	1:11:28
Grenzadler	13.70	1:05:34	4:47	13	13:52	18	13:52	61.30	5:23:48	5:16	30	1:23:01	35	1:23:01
Allzunah	19.90	1:42:02	5:07	37	26:11	55	26:11	81.20	7:05:50	5:14	29	1:47:08	35	1:47:08
Masserberg	17.90	1:32:49	5:11	17	16:13	23	16:13	99.10	8:38:39	5:14	22	1:53:10	27	1:53:10
Neuhaus	19.90	1:35:51	4:48	15	27:28	18	27:28	119.00	10:14:30	5:09	17	2:09:18	22	2:09:18
Schildwiese	13.50	1:29:02	6:35	81	36:36	118	36:36	132.50	11:43:32	5:18	26	2:45:54	31	2:45:54
Brennersgrün	15.90	1:22:37	5:11	32	19:13	36	19:13	148.40	13:06:09	5:17	21	3:03:40	26	3:03:40
Blankenstein	20.30	1:29:11	4:23	9	15:43	11	15:43	168.70	14:35:20	5:11	16	3:19:23	20	3:19:23