



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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TU Ilmenau Runners 1

□□□: 14:36:45

□□: 575

□□: 11.50 km/h

□□□□: 5:12 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 22 (of 177)

□□□□□□: 11:15:57

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□□□□□: 18(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Hohe Sonne	14.00	1:04:04	4:34	8	5:39	9	5:39	14.00	1:04:04	4:34	8	5:39	9	5:39
Kleiner Inselsber	19.60	1:36:13	4:54	21	19:04	27	19:04	33.60	2:40:17	4:46	10	24:27	12	24:27
Neue Ausspanne	14.00	1:11:55	5:08	38	20:59	42	20:59	47.60	3:52:12	4:52	10	45:26	13	45:26
Grenzdler	13.70	1:10:57	5:10	30	19:15	39	19:15	61.30	5:03:09	4:56	11	1:02:22	15	1:02:22
Allzunah	19.90	2:23:08	7:11	115	1:07:17	172	1:07:17	81.20	7:26:17	5:29	47	2:07:35	59	2:07:35
Masserberg	17.90	1:36:32	5:23	24	19:56	33	19:56	99.10	9:02:49	5:28	36	2:17:20	45	2:17:20
Neuhaus	19.90	1:20:54	4:03	5	12:31	5	12:31	119.00	10:23:43	5:14	23	2:18:31	28	2:18:31
Schildwiese	13.50	1:15:15	5:34	46	22:49	58	22:49	132.50	11:38:58	5:16	23	2:41:20	28	2:41:20
Brennersgrün	15.90	1:37:46	6:08	79	34:22	108	34:22	148.40	13:16:44	5:22	26	3:14:15	31	3:14:15
Blankenstein	20.30	1:20:01	3:56	3	6:33	3	6:33	168.70	14:36:45	5:11	18	3:20:48	22	3:20:48