



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Benses City Runners

□□□: 14:46:10

□□: 111

□□: 11.42 km/h
□□□□: 5:15 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 26 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 21(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:15:33	5:23	48	17:08	64	17:08	14.00	1:15:33	5:23	48	17:08	64	17:08
Kleiner Inselsber	19.60	1:45:11	5:21	49	28:02	65	28:02	33.60	3:00:44	5:22	43	44:54	58	44:54
Neue Ausspanne	14.00	1:05:35	4:41	16	14:39	18	14:39	47.60	4:06:19	5:10	25	59:33	31	59:33
Grenzadler	13.70	1:14:16	5:25	38	22:34	50	22:34	61.30	5:20:35	5:13	27	1:19:48	32	1:19:48
Allzunah	19.90	1:44:27	5:14	49	28:36	67	28:36	81.20	7:05:02	5:14	28	1:46:20	34	1:46:20
Masserberg	17.90	1:47:17	5:59	52	30:41	68	30:41	99.10	8:52:19	5:22	33	2:06:50	40	2:06:50
Neuhaus	19.90	1:28:20	4:26	9	19:57	12	19:57	119.00	10:20:39	5:12	21	2:15:27	26	2:15:27
Schildwiese	13.50	1:34:16	6:58	91	41:50	135	41:50	132.50	11:54:55	5:23	28	2:57:17	33	2:57:17
Brennersgrün	15.90	1:21:36	5:07	28	18:12	32	18:12	148.40	13:16:31	5:22	25	3:14:02	30	3:14:02
Blankenstein	20.30	1:29:39	4:24	10	16:11	12	16:11	168.70	14:46:10	5:15	21	3:30:13	26	3:30:13