



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

□□□□

Arthrose

□□□: 15:53:27

□□: 502

□□: 10.62 km/h

□□□□: 5:39 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 53 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 6(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:19:22	5:40	16	19:37	86	20:57	14.00	1:19:22	5:40	16	19:37	178	20:57
Kleiner Inselsber	19.60	2:00:27	6:08	33	36:30	138	43:18	33.60	3:19:49	5:56	25	43:21	178	1:03:59
Neue Ausspanne	14.00	1:23:12	5:56	15	12:35	103	32:16	47.60	4:43:01	5:56	18	52:26	178	1:36:15
Grenzadler	13.70	1:28:12	6:26	28	29:30	128	36:30	61.30	6:11:13	6:03	25	1:15:29	177	2:10:26
Allzunah	19.90	1:44:37	5:15	16	22:16	68	28:46	81.20	7:55:50	5:51	20	1:31:33	176	2:37:08
Masserberg	17.90	1:48:35	6:03	15	29:18	76	31:59	99.10	9:44:25	5:53	14	1:49:49	175	2:58:56
Neuhaus	19.90	1:46:39	5:21	9	25:35	43	38:16	119.00	11:31:04	5:48	12	1:44:44	77	3:25:52
Schildwiese	13.50	1:14:33	5:31	9	13:50	52	22:07	132.50	12:45:37	5:46	10	1:54:53	169	3:47:59
Brennersgrün	15.90	1:31:31	5:45	14	25:25	82	28:07	148.40	14:17:08	5:46	9	2:15:48	177	4:14:39
Blankenstein	20.30	1:36:19	4:44	6	11:17	29	22:51	168.70	15:53:27	5:39	6	2:17:46	53	4:37:30