



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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SWEety vom SWE Laufteam

□□□: 14:55:46

□□: 203

□□: 11.25 km/h

□□□□: 5:19 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 32 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 26(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne        | 14.00    | 1:12:15  | 5:09         | 31      | 13:50   | 39        | 13:50     | 14.00  | 1:12:15  | 5:09 | 31      | 13:50   | 39        | 13:50     |
| Kleiner Inselsber | 19.60    | 1:48:05  | 5:30         | 58      | 30:56   | 83        | 30:56     | 33.60  | 3:00:20  | 5:22 | 41      | 44:30   | 56        | 44:30     |
| Neue Ausspanne    | 14.00    | 1:10:49  | 5:03         | 34      | 19:53   | 37        | 19:53     | 47.60  | 4:11:09  | 5:16 | 36      | 1:04:23 | 42        | 1:04:23   |
| Grenzdler         | 13.70    | 1:13:03  | 5:19         | 35      | 21:21   | 45        | 21:21     | 61.30  | 5:24:12  | 5:17 | 31      | 1:23:25 | 36        | 1:23:25   |
| Allzunah          | 19.90    | 1:42:19  | 5:08         | 41      | 26:28   | 59        | 26:28     | 81.20  | 7:06:31  | 5:15 | 32      | 1:47:49 | 38        | 1:47:49   |
| Masserberg        | 17.90    | 1:30:52  | 5:04         | 13      | 14:16   | 18        | 14:16     | 99.10  | 8:37:23  | 5:13 | 20      | 1:51:54 | 25        | 1:51:54   |
| Neuhaus           | 19.90    | 1:41:52  | 5:07         | 27      | 33:29   | 34        | 33:29     | 119.00 | 10:19:15 | 5:12 | 20      | 2:14:03 | 25        | 2:14:03   |
| Schildwiese       | 13.50    | 1:14:12  | 5:29         | 39      | 21:46   | 50        | 21:46     | 132.50 | 11:33:27 | 5:14 | 20      | 2:35:49 | 25        | 2:35:49   |
| Brennersgrün      | 15.90    | 1:33:54  | 5:54         | 71      | 30:30   | 93        | 30:30     | 148.40 | 13:07:21 | 5:18 | 22      | 3:04:52 | 27        | 3:04:52   |
| Blankenstein      | 20.30    | 1:48:25  | 5:20         | 48      | 34:57   | 65        | 34:57     | 168.70 | 14:55:46 | 5:18 | 26      | 3:39:49 | 32        | 3:39:49   |