



# 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

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□□□□□: 26(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
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
Grenzadler	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