



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Collm Läufer

□□□: 16:08:23

□□: 504

□□: 10.45 km/h
□□□□: 5:44 min/km

□□: 168.70 km
Hörschel-Blankenstein

□□□□□: 58 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 9(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 14.00 | 1:22:56 | 5:55 | 23 | 23:11 | 115 | 24:31 | 14.00 | 1:22:56 | 5:55 | 23 | 23:11 | 116 | 24:31 |
| Kleiner Inselsber | 19.60 | 1:36:26 | 4:55 | 7 | 12:29 | 28 | 19:17 | 33.60 | 2:59:22 | 5:20 | 12 | 22:54 | 178 | 43:32 |
| Neue Ausspanne | 14.00 | 1:23:02 | 5:55 | 14 | 12:25 | 102 | 32:06 | 47.60 | 4:22:24 | 5:30 | 9 | 31:49 | 178 | 1:15:38 |
| Grenzadler | 13.70 | 1:14:15 | 5:25 | 8 | 15:33 | 49 | 22:33 | 61.30 | 5:36:39 | 5:29 | 7 | 40:55 | 177 | 1:35:52 |
| Allzunah | 19.90 | 1:26:59 | 4:22 | 3 | 4:38 | 14 | 11:08 | 81.20 | 7:03:38 | 5:13 | 4 | 39:21 | 176 | 1:44:56 |
| Masserberg | 17.90 | 1:53:14 | 6:19 | 20 | 33:57 | 98 | 36:38 | 99.10 | 8:56:52 | 5:25 | 6 | 1:02:16 | 175 | 2:11:23 |
| Neuhaus | 19.90 | 1:37:40 | 4:54 | 5 | 16:36 | 21 | 29:17 | 119.00 | 10:34:32 | 5:19 | 4 | 48:12 | 176 | 2:29:20 |
| Schildwiese | 13.50 | 1:48:35 | 8:02 | 44 | 47:52 | 162 | 56:09 | 132.50 | 12:23:07 | 5:36 | 6 | 1:32:23 | 169 | 3:25:29 |
| Brennersgrün | 15.90 | 1:37:50 | 6:09 | 23 | 31:44 | 109 | 34:26 | 148.40 | 14:00:57 | 5:40 | 7 | 1:59:37 | 177 | 3:58:28 |
| Blankenstein | 20.30 | 2:07:26 | 6:16 | 34 | 42:24 | 132 | 53:58 | 168.70 | 16:08:23 | 5:44 | 9 | 2:32:42 | 58 | 4:52:26 |