



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Triathlon Friedrichroda e.V.

□□□: 16:11:38

□□: 536

□□: 10.37 km/h

□□□□: 5:46 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 63 (of 177)

□□□□□□: 11:15:57

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□□□□□: 11(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne        | 14.00    | 1:12:03  | 5:08         | 7       | 12:18   | 37        | 13:38     | 14.00  | 1:12:03  | 5:08 | 7       | 12:18   | 178       | 13:38     |
| Kleiner Inselsber | 19.60    | 1:46:25  | 5:25         | 16      | 22:28   | 72        | 29:16     | 33.60  | 2:58:28  | 5:18 | 10      | 22:00   | 178       | 42:38     |
| Neue Ausspanne    | 14.00    | 1:13:56  | 5:16         | 4       | 3:19    | 52        | 23:00     | 47.60  | 4:12:24  | 5:18 | 5       | 21:49   | 178       | 1:05:38   |
| Grenzadler        | 13.70    | 1:44:23  | 7:37         | 43      | 45:41   | 169       | 52:41     | 61.30  | 5:56:47  | 5:49 | 13      | 1:01:03 | 177       | 1:56:00   |
| Allzunah          | 19.90    | 1:38:42  | 4:57         | 10      | 16:21   | 41        | 22:51     | 81.20  | 7:35:29  | 5:36 | 10      | 1:11:12 | 176       | 2:16:47   |
| Masserberg        | 17.90    | 1:49:04  | 6:05         | 16      | 29:47   | 78        | 32:28     | 99.10  | 9:24:33  | 5:41 | 10      | 1:29:57 | 175       | 2:39:04   |
| Neuhaus           | 19.90    | 1:53:42  | 5:42         | 14      | 32:38   | 69        | 45:19     | 119.00 | 11:18:15 | 5:41 | 11      | 1:31:55 | 176       | 3:13:03   |
| Schildwiese       | 13.50    | 1:27:33  | 6:29         | 27      | 26:50   | 112       | 35:07     | 132.50 | 12:45:48 | 5:46 | 11      | 1:55:04 | 169       | 3:48:10   |
| Brennersgrün      | 15.90    | 1:38:15  | 6:10         | 25      | 32:09   | 112       | 34:51     | 148.40 | 14:24:03 | 5:49 | 13      | 2:22:43 | 177       | 4:21:34   |
| Blankenstein      | 20.30    | 1:47:35  | 5:17         | 13      | 22:33   | 62        | 34:07     | 168.70 | 16:11:38 | 5:45 | 11      | 2:35:57 | 63        | 4:55:41   |