



# 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

□□□□:

□□□□□: 11(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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