



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

□□□□

Kenias letzte Reserve

□□□: 16:24:35

□□: 158

□□: 10.28 km/h

□□□□: 5:50 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 79 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 60(of 118)

Männerstaffel

□□□□□□□: 11:15:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:32:51	6:37	112	34:26	159	34:26	14.00	1:32:51	6:37	112	34:26	159	34:26
Kleiner Inselsber	19.60	1:44:05	5:18	44	26:56	59	26:56	33.60	3:16:56	5:51	90	1:01:06	116	1:01:06
Neue Ausspanne	14.00	1:13:37	5:15	43	22:41	49	22:41	47.60	4:30:33	5:41	70	1:23:47	88	1:23:47
Grenzdler	13.70	1:23:13	6:04	80	31:31	103	31:31	61.30	5:53:46	5:46	70	1:52:59	86	1:52:59
Allzunah	19.90	2:14:12	6:44	108	58:21	160	58:21	81.20	8:07:58	6:00	89	2:49:16	120	2:49:16
Masserberg	17.90	1:49:11	6:05	58	32:35	79	32:35	99.10	9:57:09	6:01	88	3:11:40	115	3:11:40
Neuhaus	19.90	1:40:00	5:01	24	31:37	30	31:37	119.00	11:37:09	5:51	71	3:31:57	87	3:31:57
Schildwiese	13.50	1:22:23	6:06	63	29:57	86	29:57	132.50	12:59:32	5:52	70	4:01:54	87	4:01:54
Brennersgrün	15.90	1:27:37	5:30	49	24:13	62	24:13	148.40	14:27:09	5:50	60	4:24:40	78	4:24:40
Blankenstein	20.30	1:57:26	5:47	73	43:58	100	43:58	168.70	16:24:35	5:50	60	5:08:38	79	5:08:38