



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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SG Rennsteig Masserberg

□□□: 16:16:11

□□: 558

□□: 10.37 km/h

□□□□: 5:47 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 69 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 12(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 14.00 | 1:29:33 | 6:23 | 33 | 29:48 | 147 | 31:08 | 14.00 | 1:29:33 | 6:23 | 33 | 29:48 | 178 | 31:08 |
| Kleiner Inselsber | 19.60 | 1:40:15 | 5:06 | 10 | 16:18 | 41 | 23:06 | 33.60 | 3:09:48 | 5:38 | 19 | 33:20 | 178 | 53:58 |
| Neue Ausspanne | 14.00 | 1:38:19 | 7:01 | 46 | 27:42 | 172 | 47:23 | 47.60 | 4:48:07 | 6:03 | 28 | 57:32 | 178 | 1:41:21 |
| Grenzadler | 13.70 | 1:20:01 | 5:50 | 18 | 21:19 | 83 | 28:19 | 61.30 | 6:08:08 | 6:00 | 23 | 1:12:24 | 177 | 2:07:21 |
| Allzunah | 19.90 | 1:41:32 | 5:06 | 15 | 19:11 | 52 | 25:41 | 81.20 | 7:49:40 | 5:47 | 18 | 1:25:23 | 176 | 2:30:58 |
| Masserberg | 17.90 | 1:34:02 | 5:15 | 5 | 14:45 | 26 | 17:26 | 99.10 | 9:23:42 | 5:41 | 9 | 1:29:06 | 175 | 2:38:13 |
| Neuhaus | 19.90 | 1:49:22 | 5:29 | 11 | 28:18 | 54 | 40:59 | 119.00 | 11:13:04 | 5:39 | 10 | 1:26:44 | 176 | 3:07:52 |
| Schildwiese | 13.50 | 1:35:08 | 7:02 | 36 | 34:25 | 138 | 42:42 | 132.50 | 12:48:12 | 5:47 | 12 | 1:57:28 | 169 | 3:50:34 |
| Brennersgrün | 15.90 | 1:35:44 | 6:01 | 19 | 29:38 | 99 | 32:20 | 148.40 | 14:23:56 | 5:49 | 12 | 2:22:36 | 177 | 4:21:27 |
| Blankenstein | 20.30 | 1:52:15 | 5:31 | 17 | 27:13 | 81 | 38:47 | 168.70 | 16:16:11 | 5:47 | 12 | 2:40:30 | 69 | 5:00:14 |