



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

□□□□

Laufkundschaft

□□□: 15:21:08

□□: 168

□□: 10.94 km/h

□□□□: 5:28 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 37 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 31(of 118)

Männerstaffel

□□□□□□□: 11:15:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:19:31	5:40	67	21:06	89	21:06	14.00	1:19:31	5:40	67	21:06	89	21:06
Kleiner Inselsber	19.60	1:36:49	4:56	22	19:40	30	19:40	33.60	2:56:20	5:14	32	40:30	40	40:30
Neue Ausspanne	14.00	1:19:06	5:38	68	28:10	84	28:10	47.60	4:15:26	5:21	42	1:08:40	49	1:08:40
Grenzadler	13.70	1:07:43	4:56	19	16:01	25	16:01	61.30	5:23:09	5:16	29	1:22:22	34	1:22:22
Allzunah	19.90	1:45:48	5:18	50	29:57	69	29:57	81.20	7:08:57	5:16	34	1:50:15	41	1:50:15
Masserberg	17.90	1:29:56	5:01	11	13:20	15	13:20	99.10	8:38:53	5:14	23	1:53:24	28	1:53:24
Neuhaus	19.90	1:58:39	5:57	67	50:16	91	50:16	119.00	10:37:32	5:21	28	2:32:20	35	2:32:20
Schildwiese	13.50	1:36:29	7:08	95	44:03	141	44:03	132.50	12:14:01	5:32	33	3:16:23	39	3:16:23
Brennersgrün	15.90	1:22:24	5:10	30	19:00	34	19:00	148.40	13:36:25	5:30	33	3:33:56	39	3:33:56
Blankenstein	20.30	1:44:43	5:09	37	31:15	53	31:15	168.70	15:21:08	5:27	31	4:05:11	37	4:05:11