



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Oßwald Damen

□□□: 13:14:51

□□: 6

□□: 12.68 km/h
□□□□: 4:43 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 7 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 1(of 11)

Frauenstaffel

□□□□□□□: 13:14:51

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 14.00 | 1:07:15 | 4:48 | 1 | - | 16 | 8:50 | 14.00 | 1:07:15 | 4:48 | 1 | - | 178 | 8:50 |
| Kleiner Inselfber | 19.60 | 1:36:42 | 4:56 | 1 | - | 29 | 19:33 | 33.60 | 2:43:57 | 4:52 | 1 | - | 178 | 28:07 |
| Neue Ausspanne | 14.00 | 57:02 | 4:04 | 1 | - | 7 | 6:06 | 47.60 | 3:40:59 | 4:38 | 1 | - | 178 | 34:13 |
| Grenzadler | 13.70 | 1:02:49 | 4:35 | 1 | - | 11 | 11:07 | 61.30 | 4:43:48 | 4:37 | 1 | - | 177 | 43:01 |
| Allzunah | 19.90 | 1:26:30 | 4:20 | 1 | - | 13 | 10:39 | 81.20 | 6:10:18 | 4:33 | 1 | - | 176 | 51:36 |
| Masserberg | 17.90 | 1:25:23 | 4:46 | 2 | 3:38 | 8 | 8:47 | 99.10 | 7:35:41 | 4:35 | 1 | - | 175 | 50:12 |
| Neuhaus | 19.90 | 1:39:09 | 4:58 | 1 | - | 27 | 30:46 | 119.00 | 9:14:50 | 4:39 | 1 | - | 176 | 1:09:38 |
| Schildwiese | 13.50 | 1:08:10 | 5:02 | 2 | 2:01 | 24 | 15:44 | 132.50 | 10:23:00 | 4:42 | 1 | - | 169 | 1:25:22 |
| Brennersgrün | 15.90 | 1:24:12 | 5:17 | 2 | 6:47 | 47 | 20:48 | 148.40 | 11:47:12 | 4:45 | 1 | - | 177 | 1:44:43 |
| Blankenstein | 20.30 | 1:27:39 | 4:19 | 1 | - | 10 | 14:11 | 168.70 | 13:14:51 | 4:42 | 1 | - | 7 | 1:58:54 |