



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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LTV Erfurt Montagsgruppe

□□□: 16:24:14

□□: 4

□□: 10.24 km/h

□□□□: 5:50 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 78 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 5(of 11)

Frauenstaffel

□□□□□□□: 13:14:51

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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne        | 14.00    | 1:15:25  | 5:23         | 5       | 8:10    | 63        | 17:00     | 14.00  | 1:15:25  | 5:23 | 5       | 8:10    | 178       | 17:00     |
| Kleiner Inselsber | 19.60    | 2:09:52  | 6:37         | 7       | 33:10   | 158       | 52:43     | 33.60  | 3:25:17  | 6:06 | 5       | 41:20   | 178       | 1:09:27   |
| Neue Ausspanne    | 14.00    | 1:20:22  | 5:44         | 7       | 23:20   | 93        | 29:26     | 47.60  | 4:45:39  | 6:00 | 7       | 1:04:40 | 178       | 1:38:53   |
| Grenzadler        | 13.70    | 1:29:40  | 6:32         | 8       | 26:51   | 136       | 37:58     | 61.30  | 6:15:19  | 6:07 | 7       | 1:31:31 | 177       | 2:14:32   |
| Allzunah          | 19.90    | 1:56:48  | 5:52         | 5       | 30:18   | 116       | 40:57     | 81.20  | 8:12:07  | 6:03 | 6       | 2:01:49 | 176       | 2:53:25   |
| Masserberg        | 17.90    | 1:42:06  | 5:42         | 3       | 20:21   | 48        | 25:30     | 99.10  | 9:54:13  | 5:59 | 6       | 2:18:32 | 175       | 3:08:44   |
| Neuhaus           | 19.90    | 1:55:14  | 5:47         | 5       | 16:05   | 76        | 46:51     | 119.00 | 11:49:27 | 5:57 | 5       | 2:34:37 | 176       | 3:44:15   |
| Schildwiese       | 13.50    | 1:18:31  | 5:48         | 5       | 12:22   | 68        | 26:05     | 132.50 | 13:07:58 | 5:56 | 5       | 2:44:58 | 169       | 4:10:20   |
| Brennersgrün      | 15.90    | 1:26:31  | 5:26         | 4       | 9:06    | 57        | 23:07     | 148.40 | 14:34:29 | 5:53 | 5       | 2:47:17 | 177       | 4:32:00   |
| Blankenstein      | 20.30    | 1:49:45  | 5:24         | 5       | 22:06   | 71        | 36:17     | 168.70 | 16:24:14 | 5:50 | 5       | 3:09:23 | 78        | 5:08:17   |