



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

□□□□

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

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
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