



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Werraläufer

□□□: 16:18:26

□□: 228

□□: 10.30 km/h

□□□□: 5:48 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 71 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 54(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | □□ |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|---------|--------|----------|------|-----|---------|-----|---------|
| Hohe Sonne | 14.00 | 1:14:33 | 5:19 | 42 | 16:08 | 55 | 16:08 | 14.00 | 1:14:33 | 5:19 | 42 | 16:08 | 55 | 16:08 |
| Kleiner Inselfber | 19.60 | 2:00:04 | 6:07 | 96 | 42:55 | 134 | 42:55 | 33.60 | 3:14:37 | 5:47 | 85 | 58:47 | 110 | 58:47 |
| Neue Ausspanne | 14.00 | 1:23:54 | 5:59 | 83 | 32:58 | 107 | 32:58 | 47.60 | 4:38:31 | 5:51 | 84 | 1:31:45 | 105 | 1:31:45 |
| Grenzdler | 13.70 | 1:16:04 | 5:33 | 47 | 24:22 | 63 | 24:22 | 61.30 | 5:54:35 | 5:47 | 72 | 1:53:48 | 89 | 1:53:48 |
| Allzunah | 19.90 | 2:26:58 | 7:23 | 116 | 1:11:07 | 173 | 1:11:07 | 81.20 | 8:21:33 | 6:10 | 105 | 3:02:51 | 146 | 3:02:51 |
| Masserberg | 17.90 | 1:26:10 | 4:48 | 6 | 9:34 | 9 | 9:34 | 99.10 | 9:47:43 | 5:55 | 77 | 3:02:14 | 97 | 3:02:14 |
| Neuhaus | 19.90 | 1:45:00 | 5:16 | 30 | 36:37 | 39 | 36:37 | 119.00 | 11:32:43 | 5:49 | 65 | 3:27:31 | 81 | 3:27:31 |
| Schildwiese | 13.50 | 1:10:02 | 5:11 | 20 | 17:36 | 29 | 17:36 | 132.50 | 12:42:45 | 5:45 | 49 | 3:45:07 | 62 | 3:45:07 |
| Brennersgrün | 15.90 | 1:25:58 | 5:24 | 46 | 22:34 | 53 | 22:34 | 148.40 | 14:08:43 | 5:43 | 47 | 4:06:14 | 58 | 4:06:14 |
| Blankenstein | 20.30 | 2:09:43 | 6:23 | 94 | 56:15 | 138 | 56:15 | 168.70 | 16:18:26 | 5:47 | 54 | 5:02:29 | 71 | 5:02:29 |