



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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ilmrunners

□□: 156

□□: 168.70 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 16:15:33

□□: 10.33 km/h

□□□□: 5:47 min/km

□□□□□: 68 (of 177)

□□□□□□: 11:15:57

□□□□□: 53(of 118)

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:36:14	6:52	114	37:49	165	37:49	14.00	1:36:14	6:52	114	37:49	165	37:49
Kleiner Inselsber	19.60	1:58:33	6:02	94	41:24	129	41:24	33.60	3:34:47	6:23	110	1:18:57	157	1:18:57
Neue Ausspanne	14.00	1:20:53	5:46	76	29:57	95	29:57	47.60	4:55:40	6:12	107	1:48:54	147	1:48:54
Grenzdler	13.70	1:09:26	5:04	25	17:44	32	17:44	61.30	6:05:06	5:57	85	2:04:19	110	2:04:19
Allzunah	19.90	1:47:28	5:24	58	31:37	77	31:37	81.20	7:52:34	5:49	73	2:33:52	96	2:33:52
Masserberg	17.90	2:00:05	6:42	91	43:29	123	43:29	99.10	9:52:39	5:58	81	3:07:10	103	3:07:10
Neuhaus	19.90	1:39:00	4:58	21	30:37	26	30:37	119.00	11:31:39	5:48	63	3:26:27	79	3:26:27
Schildwiese	13.50	1:15:05	5:33	44	22:39	56	22:39	132.50	12:46:44	5:47	51	3:49:06	66	3:49:06
Brennersgrün	15.90	1:31:55	5:46	65	28:31	86	28:31	148.40	14:18:39	5:47	53	4:16:10	66	4:16:10
Blankenstein	20.30	1:56:54	5:45	70	43:26	97	43:26	168.70	16:15:33	5:46	53	4:59:36	68	4:59:36