



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

□□□□

Lauf mit bleib fit

□□□: 18:04:12

□□: 527

□□: 9.30 km/h

□□□□: 6:26 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 154 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 110(of 118)

Männerstaffel

□□□□□□□: 11:15:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:28:42	6:20	105	30:17	142	30:17	14.00	1:28:42	6:20	105	30:17	142	30:17
Kleiner Inselsber	19.60	2:13:59	6:50	115	56:50	168	56:50	33.60	3:42:41	6:37	115	1:26:51	167	1:26:51
Neue Ausspanne	14.00	1:31:24	6:31	103	40:28	145	40:28	47.60	5:14:05	6:35	117	2:07:19	169	2:07:19
Grenzdler	13.70	1:26:12	6:17	88	34:30	118	34:30	61.30	6:40:17	6:31	116	2:39:30	162	2:39:30
Allzunah	19.90	1:48:55	5:28	62	33:04	84	33:04	81.20	8:29:12	6:16	109	3:10:30	152	3:10:30
Masserberg	17.90	2:06:40	7:04	98	50:04	142	50:04	99.10	10:35:52	6:24	111	3:50:23	156	3:50:23
Neuhaus	19.90	2:38:00	7:56	113	1:29:37	168	1:29:37	119.00	13:13:52	6:40	116	5:08:40	165	5:08:40
Schildwiese	13.50	fehlt!	-	-	-	-	-	132.50	-	-	-	-	-	-
Brennersgrün	15.90	2:53:00	10:52	113	1:49:36	171	1:49:36	148.40	16:06:52	6:30	113	6:04:23	158	6:04:23
Blankenstein	20.30	1:57:20	5:46	71	43:52	98	43:52	168.70	18:04:12	6:25	111	6:48:15	155	6:48:15