



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Laufteam Erfurt

□□□: 13:35:41

□□: 529

□□: 12.36 km/h

□□□□: 4:50 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 10 (of 177)

□□□□□□: 11:15:57

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□□□□□: 1(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:11:22	5:05	6	11:37	35	12:57	14.00	1:11:22	5:05	6	11:37	178	12:57
Kleiner Inselsber	19.60	1:28:36	4:31	2	4:39	9	11:27	33.60	2:39:58	4:45	2	3:30	178	24:08
Neue Ausspanne	14.00	1:10:37	5:02	1	-	36	19:41	47.60	3:50:35	4:50	1	-	178	43:49
Grenzadler	13.70	1:09:32	5:04	4	10:50	33	17:50	61.30	5:00:07	4:53	2	4:23	177	59:20
Allzunah	19.90	1:24:10	4:13	2	1:49	9	8:19	81.20	6:24:17	4:43	1	-	176	1:05:35
Masserberg	17.90	1:30:19	5:02	3	11:02	16	13:43	99.10	7:54:36	4:47	1	-	175	1:09:07
Neuhaus	19.90	1:52:56	5:40	13	31:52	64	44:33	119.00	9:47:32	4:56	2	1:12	176	1:42:20
Schildwiese	13.50	1:03:12	4:40	2	2:29	9	10:46	132.50	10:50:44	4:54	1	-	169	1:53:06
Brennersgrün	15.90	1:19:55	5:01	3	13:49	21	16:31	148.40	12:10:39	4:55	2	9:19	177	2:08:10
Blankenstein	20.30	1:25:02	4:11	1	-	6	11:34	168.70	13:35:41	4:50	1	-	10	2:19:44