



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Thinking of you Heiko

□□□: 17:05:45

□□: 217

□□: 9.83 km/h

□□□□: 6:05 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 115 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 89(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:28:43	6:20	106	30:18	143	30:18	14.00	1:28:43	6:20	106	30:18	143	30:18
Kleiner Inselfber	19.60	2:05:55	6:25	106	48:46	152	48:46	33.60	3:34:38	6:23	108	1:18:48	155	1:18:48
Neue Ausspanne	14.00	1:19:07	5:39	69	28:11	85	28:11	47.60	4:53:45	6:10	103	1:46:59	140	1:46:59
Grenzdler	13.70	1:14:04	5:24	37	22:22	48	22:22	61.30	6:07:49	6:00	90	2:07:02	117	2:07:02
Allzunah	19.90	2:07:32	6:24	102	51:41	149	51:41	81.20	8:15:21	6:06	99	2:56:39	135	2:56:39
Masserberg	17.90	1:58:41	6:37	87	42:05	118	42:05	99.10	10:14:02	6:11	100	3:28:33	136	3:28:33
Neuhaus	19.90	2:10:00	6:31	95	1:01:37	130	1:01:37	119.00	12:24:02	6:15	102	4:18:50	138	4:18:50
Schildwiese	13.50	1:10:12	5:12	24	17:46	33	17:46	132.50	13:34:14	6:08	96	4:36:36	128	4:36:36
Brennersgrün	15.90	1:38:48	6:12	82	35:24	114	35:24	148.40	15:13:02	6:09	96	5:10:33	125	5:10:33
Blankenstein	20.30	1:52:43	5:33	60	39:15	82	39:15	168.70	17:05:45	6:04	89	5:49:48	115	5:49:48