



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Flachlandläufer

□□□: 17:49:38

□□: 518

□□: 9.42 km/h

□□□□: 6:20 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 148 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 34(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	2:21:04	10:04	48	1:21:19	177	1:22:39	14.00	2:21:04	10:04	48	1:21:19	178	1:22:39
Kleiner Inselsber	19.60	1:59:25	6:05	31	35:28	132	42:16	33.60	4:20:29	7:45	48	1:44:01	178	2:04:39
Neue Ausspanne	14.00	1:25:50	6:07	23	15:13	116	34:54	47.60	5:46:19	7:16	48	1:55:44	178	2:39:33
Grenzadler	13.70	1:32:10	6:43	34	33:28	146	40:28	61.30	7:18:29	7:09	46	2:22:45	177	3:17:42
Allzunah	19.90	2:16:02	6:50	46	53:41	164	1:00:11	81.20	9:34:31	7:04	46	3:10:14	176	4:15:49
Masserberg	17.90	1:36:12	5:22	7	16:55	32	19:36	99.10	11:10:43	6:46	44	3:16:07	175	4:25:14
Neuhaus	19.90	1:49:17	5:29	10	28:13	53	40:54	119.00	13:00:00	6:33	38	3:13:40	176	4:54:48
Schildwiese	13.50	1:20:17	5:56	14	19:34	76	27:51	132.50	14:20:17	6:29	35	3:29:33	169	5:22:39
Brennersgrün	15.90	1:18:43	4:57	2	12:37	18	15:19	148.40	15:39:00	6:19	33	3:37:40	177	5:36:31
Blankenstein	20.30	2:10:38	6:26	39	45:36	141	57:10	168.70	17:49:38	6:20	34	4:13:57	149	6:33:41