



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

□□□□

Helios Team Erfurt

□□□: 17:19:39

□□: 152

□□: 9.70 km/h

□□□□: 6:10 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 126 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 96(of 118)

Männerstaffel

□□□□□□□: 11:15:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:21:19	5:48	75	22:54	101	22:54	14.00	1:21:19	5:48	75	22:54	101	22:54
Kleiner Inselsber	19.60	1:42:46	5:14	37	25:37	52	25:37	33.60	3:04:05	5:28	50	48:15	65	48:15
Neue Ausspanne	14.00	1:39:10	7:05	117	48:14	174	48:14	47.60	4:43:15	5:57	91	1:36:29	115	1:36:29
Grenzadler	13.70	1:37:45	7:08	113	46:03	162	46:03	61.30	6:21:00	6:12	104	2:20:13	142	2:20:13
Allzunah	19.90	1:51:15	5:35	69	35:24	97	35:24	81.20	8:12:15	6:03	96	2:53:33	131	2:53:33
Masserberg	17.90	1:54:02	6:22	75	37:26	100	37:26	99.10	10:06:17	6:07	97	3:20:48	131	3:20:48
Neuhaus	19.90	1:48:00	5:25	36	39:37	48	39:37	119.00	11:54:17	6:00	87	3:49:05	108	3:49:05
Schildwiese	13.50	1:30:04	6:40	85	37:38	123	37:38	132.50	13:24:21	6:04	88	4:26:43	112	4:26:43
Brennersgrün	15.90	1:39:56	6:17	88	36:32	120	36:32	148.40	15:04:17	6:05	92	5:01:48	117	5:01:48
Blankenstein	20.30	2:15:22	6:40	103	1:01:54	154	1:01:54	168.70	17:19:39	6:09	97	6:03:42	127	6:03:42