



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Einfach laufen lassen ...

□□□: 16:54:27

□□: 139

□□: 9.94 km/h

□□□□: 6:01 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 104 (of 177)

□□□□□□: 11:15:57

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□□□□□: 81(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Hohe Sonne	14.00	1:23:56	5:59	92	25:31	123	25:31	14.00	1:23:56	5:59	92	25:31	123	25:31
Kleiner Inselsber	19.60	2:00:17	6:08	99	43:08	137	43:08	33.60	3:24:13	6:04	99	1:08:23	130	1:08:23
Neue Ausspanne	14.00	1:21:53	5:50	79	30:57	98	30:57	47.60	4:46:06	6:00	96	1:39:20	124	1:39:20
Grenzdler	13.70	1:14:44	5:27	39	23:02	53	23:02	61.30	6:00:50	5:53	80	2:00:03	100	2:00:03
Allzunah	19.90	2:08:24	6:27	103	52:33	151	52:33	81.20	8:09:14	6:01	92	2:50:32	124	2:50:32
Masserberg	17.90	1:52:22	6:16	72	35:46	95	35:46	99.10	10:01:36	6:04	93	3:16:07	122	3:16:07
Neuhaus	19.90	2:10:00	6:31	95	1:01:37	130	1:01:37	119.00	12:11:36	6:08	97	4:06:24	130	4:06:24
Schildwiese	13.50	1:10:10	5:11	23	17:44	32	17:44	132.50	13:21:46	6:03	86	4:24:08	109	4:24:08
Brennersgrün	15.90	1:39:30	6:15	85	36:06	117	36:06	148.40	15:01:16	6:04	89	4:58:47	111	4:58:47
Blankenstein	20.30	1:53:11	5:34	63	39:43	85	39:43	168.70	16:54:27	6:00	81	5:38:30	104	5:38:30