



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Pleißgirls Breitungen

□□□: 13:37:01

□□: 13

□□: 12.34 km/h

□□□□: 4:50 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 11 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 2(of 11)

Frauenstaffel

□□□□□□□: 13:14:51

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 14.00 | 1:13:12 | 5:13 | 2 | 5:57 | 44 | 14:47 | 14.00 | 1:13:12 | 5:13 | 2 | 5:57 | 178 | 14:47 |
| Kleiner Inselfber | 19.60 | 1:38:07 | 5:00 | 2 | 1:25 | 37 | 20:58 | 33.60 | 2:51:19 | 5:05 | 2 | 7:22 | 178 | 35:29 |
| Neue Ausspanne | 14.00 | 1:04:00 | 4:34 | 2 | 6:58 | 14 | 13:04 | 47.60 | 3:55:19 | 4:56 | 2 | 14:20 | 146 | 48:33 |
| Grenzdler | 13.70 | 1:03:57 | 4:40 | 2 | 1:08 | 13 | 12:15 | 61.30 | 4:59:16 | 4:52 | 2 | 15:28 | 177 | 58:29 |
| Allzunah | 19.90 | 1:32:47 | 4:39 | 2 | 6:17 | 19 | 16:56 | 81.20 | 6:32:03 | 4:49 | 2 | 21:45 | 176 | 1:13:21 |
| Masserberg | 17.90 | 1:21:45 | 4:34 | 1 | - | 5 | 5:09 | 99.10 | 7:53:48 | 4:46 | 2 | 18:07 | 175 | 1:08:19 |
| Neuhaus | 19.90 | 1:42:50 | 5:10 | 2 | 3:41 | 36 | 34:27 | 119.00 | 9:36:38 | 4:50 | 2 | 21:48 | 176 | 1:31:26 |
| Schildwiese | 13.50 | 1:06:09 | 4:54 | 1 | - | 18 | 13:43 | 132.50 | 10:42:47 | 4:51 | 2 | 19:47 | 169 | 1:45:09 |
| Brennersgrün | 15.90 | 1:17:25 | 4:52 | 1 | - | 14 | 14:01 | 148.40 | 12:00:12 | 4:51 | 2 | 13:00 | 177 | 1:57:43 |
| Blankenstein | 20.30 | 1:36:49 | 4:46 | 2 | 9:10 | 30 | 23:21 | 168.70 | 13:37:01 | 4:50 | 2 | 22:10 | 11 | 2:21:04 |